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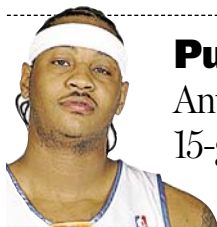
**Tuesday**



Defense Secretary Robert Gates is sworn in.

**Sworn In:** Gates says failure in Iraq would be a 'calamity' | **4**

**Fannie Mae Suit:** U.S. files charges against former execs | **8**



**Punched Out:** Anthony hit with a 15-game suspension for brawl | **12**

## ENTERTAINMENT

**Freaks Come Out at Night:**

*Ben Stiller* spends a 'Night at the Museum.' Plus, Nas proclaims hip-hop is dead.

>> **13-17**



**Weather >> Partly Sunny**



**50 | 33**

FULL FORECAST ON PAGE 26



MARVIN JOSEPH/TWP

## Those Lazy Days of Winter

**WARM WELCOME:** Philip Bushnick, visiting from Chicago, naps outside the Capitol Monday. The D.C. region enjoyed another in a string of unusually warm December days Monday with the temperature hitting 76 degrees at Dulles International Airport, eclipsing the previous high of 69 set in 1984. A white Christmas looks unlikely, as the weather is expected to stay mild through the holidays.

## Upswing In Crime Persists

Violent acts on the rise for a second year, FBI data show

WASHINGTON | Murders and robberies continued to rise across the country during the first six months of 2006, on pace for an increase in violent crime for a second straight year, preliminary FBI data released Monday show.

The numbers reflect what police across the country have been saying for months: The lull in crime between 2001 and 2004 appears to be over. Last year, violent crime rose 2.2 percent nationally — the first increase since 2001.

"This is a concern we've been focused on," said Gene Voegtlin, legislative counsel for the International Association of Chiefs of Police, which represents an estimated 20,000 law enforcement officials and has been pushing for more crime-fighting funding.

### CRIME STATS

- **Murder:** Up 1.4 percent over the same period in '05
- **Felony assault:** Up 1.7 percent
- **Robberies:** Up 9.7 percent
- **Rape:** Down 0.1 percent

From megapolises to small cities, violent crime rose 3.7 percent from January to June compared to the first six months of 2005.

The FBI's twice-yearly report comes as the Justice Department studies 18 cities and suburban regions for clues about why the national violent crime rate is increasing. It is not clear whether the government will make more federal funding available to the worst-hit.

The Bush administration has asked for \$1.2 billion in crime-fighting funding this year — what Voegtlin described as at least a \$1 billion hit from funding levels a decade ago. (AP)

**CRIME | Blade Runner** A Laguna Niguel, Calif., woman outsmarted an apparently drug-addled burglar who threatened her with a sword, authorities said. Robin Ricketts said she awoke Thursday and found a man with an 18-inch sword ready to make off with her com-



puter and other electronics. When the intruder ran outside — apparently thinking he was chasing Ricketts' sleeping husband — Ricketts locked the door behind him. Authorities soon found the suspect hiding behind a nearby SUV and arrested him. (AP) **EyeOpeners** | Page 2

# eyeOpeners

## JUSTICE

### Humiliation OK, Being Broke Not

A Union, S.C., man who parked illegally in a space reserved for handicapped drivers was sentenced to stand outside a store with a sign telling everyone about his crime. Ragheem Smith, 29, stood in front of a Bi-Lo grocery store Thursday with a handmade sign that read "I am not handicapped. I just parked there, sorry." Smith told Magistrate Jeff Bailey he didn't have the money and couldn't afford the time away from work that a jail sentence would require. He could have been sentenced to 30 days in jail or fined \$325. "That was better than having to pay a lot of money," Smith said of his punishment. (AP)



## GENDER BENDERS

### Man, Was She Fast ...

Indian runner Shanti Sounderajan, who won a silver medal in the women's 800-meter run at the Asian Games earlier this month, has failed a gender test and has been stripped of the medal, the Indian Olympic Association said Monday. There are no compulsory gender tests during events sanctioned by the International Association of Athletics Federations, but athletes can be asked to take a gender test. An Indian athletics official who spoke to The Associated Press on condition of anonymity said Sounderajan almost certainly never had sex-change surgery. Instead, the official said, Sounderajan appeared to have "abnormal chromosomes." (AP)



PATRICK FLOOD/THE REPORTER

## ANOMALIES

### More Leg Meat

Richard Lisko, who lives near Waucousta, Wis., holds out one of the extra legs protruding halfway up the leg of a deer he hit with his truck in his driveway last month. The young deer had nub antlers — and seven legs. Lisko said it also had both male and female reproductive organs. "It was definitely a freak of nature," Lisko said. "I guess it's a real rarity." John Hoffman of Eden Meat Market skinned the deer for Lisko, who wasn't going to waste the venison. "And, by the way, I did eat it," Lisko said. "It was tasty." (AP)



Tomorrow's item: 134-year-old mother worries son will move back home.

## EDUCATION

### Lifetime Achievement

When Marvin L. Northen left Baylor University in 1929, he was one chemistry credit shy of graduating. This fall, the 100-year-old finally got his degree. Northen didn't attend Saturday's commencement but was listed among the December graduates. According to Glenn Hilburn, the retired chairman of Baylor's religion department, Northen has been participating in a class—"Life 101"—that can be substituted for the chemistry class he never took. (AP)



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**DRUG BUST:** A popular herbal treatment called black cohosh is practically ineffective at relieving hot flashes and night sweats in women going through menopause, a study found. The findings were disappointing news for women seeking alternatives to estrogen-progestin hormones.

# Nation

## In Brief



A rescue crew carries a stretcher to a waiting helicopter in Hood River, Ore.

### HOOD RIVER, ORE.

#### Police: Missing Climbers May Have Fallen and Died

Two climbers still missing on Mount Hood may have been swept to their deaths over a treacherous cliff by howling winds of more than 100 mph after they left their possibly injured companion behind in a snow cave to get help. Police offered that scenario as rescuers went back up the mountain Monday to retrieve the body of Kelly James from the snow cave and try again to find the two others, who have been missing for a week. (AP)

### KIRKSVILLE, MO.

#### 'Strange Odor' Leads Police To 7 Dead in Apartment

A 911 call reporting a "strange odor" from a duplex apartment in this northeast Missouri city led police to the bodies of seven people. The victims were all thought to be residents of Kirksville, northwest of St. Louis. Paramedics found the bodies around 2:30 p.m. Sunday after dispatchers received a 911 call reporting an odor inside the home, police Chief Jim Hughes said. (AP)

# Pentagon: Iraq Attacks at New High

## Report blames Iraqi government for failing to quell rising violence

WASHINGTON | Attacks on U.S. and Iraqi troops and Iraqi civilians jumped sharply in recent months to the highest level since Iraq regained its sovereignty in June 2004, the Pentagon told Congress on Monday in the latest indication of that country's spiraling violence.

The Pentagon report said that from mid-August to mid-November, the weekly average number of attacks increased 22 percent

from the previous three months. The worst violence was in Baghdad and in the western province of Anbar, long the focus of activity by Sunni insurgents.

A bar chart in the Pentagon's report to Congress gave no exact numbers but indicated the weekly average had approached 1,000 in the latest period, compared to about 800 per week from the May-to-August period. Statistics provided separately by the Pentagon said weekly attacks had averaged 959 in the latest period.

The report also said the Iraqi government's failure to end sectar-

ian violence has eroded ordinary Iraqis' confidence in their future. That conclusion reflects some of the Bush administration's doubt about the ability of Prime Minister Nouri al-Maliki to make the hard decisions U.S. officials insist are needed to quell the violence.

"The failure of the government to implement concrete actions in these areas has contributed to a situation in which, as of October 2006, there were more Iraqis who expressed a lack of confidence in their government's ability to improve the situation than there were in July 2006," it said, calling for urgent action in

### Looking for Clues

→ The rise in violence has been fueled by the growth of Shiite militia that have now replaced al-Qaeda as the most dangerous force pushing Iraq to civil war. | **Today, A Section**

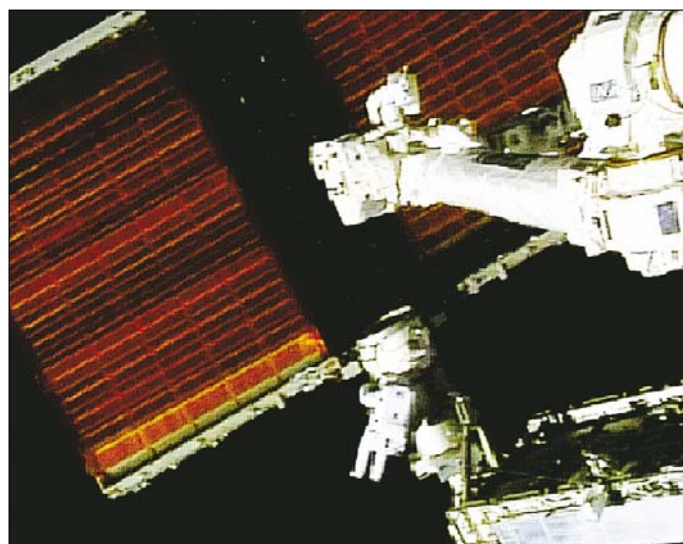
**IN** The Washington Post

Baghdad.

The report said that as security conditions permit and the Iraqi army and police become more capable, U.S. forces will move out of the cities, reduce the number of bases and conduct fewer visible patrols.

ROBERT BURNS (AP)

## SPACE | WALKING TO A RECORD



**CREWMEN AT WORK:** Swedish astronaut Christer Fuglesang works outside the international space station on Monday. U.S. crew member Robert Curbeam set a record for most spacewalks in a single mission with four.

## Sen. Johnson Has Been Conscious

WASHINGTON | Sen. Tim Johnson has been conscious at times since his emergency brain surgery last week, his spokeswoman said Monday. But he is currently being sedated so he can rest.

The South Dakota Democrat has made it through the first 72 hours

since the Wednesday evening brain surgery, spokeswoman Julianne Fisher said, a benchmark that doctors consider a good sign for recovery. The senator remains in critical but stable condition.

She said the next target is to watch progress over the next week. (AP)

## Clinton Opposed To Rise in Troops

WASHINGTON | Sen. Hillary Rodham Clinton said Monday she would not support a short-term increase in U.S. troop presence in Iraq unless it was part of a more comprehensive plan to stabilize the country.

"I am not in favor of doing that

unless it's part of a larger plan," Clinton said. "I am not in favor of sending more troops to continue what our men and women have been told to do with the government of Iraq, pulling the rug out from under them when they actually go after some of the bad guys."

Clinton appeared on NBC's "The Today Show." (AP)

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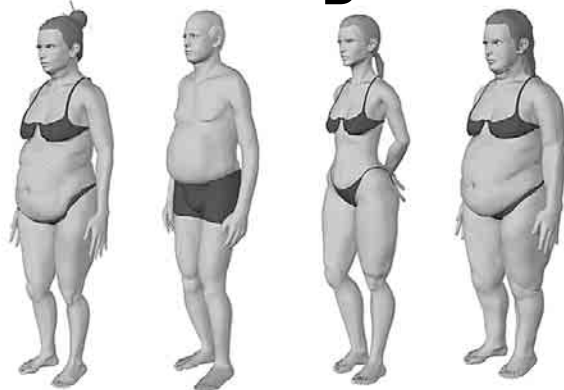
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## Nation

3

**The number of employees** at an Indiana Olive Garden who have tested positive for a norovirus, which causes diarrhea and vomiting. More than 300 people complained of being ill after eating at the restaurant.

# Bush OKs India Nuke Deal

## President says civilian nuclear pact will boost strategic partnership

WASHINGTON | President Bush signed legislation on Monday to let America share its nuclear know-how and fuel with India even though New Delhi refuses to sign the Nuclear Non-proliferation Treaty.

"By helping India expand its use of safe nuclear energy, this bill lays the foundation for a new strategic partnership between our two nations that will help ease India's demands for fossil fuels and ease pressure on global markets," Bush said in a bill-signing ceremony at the White House.

The bill carves out an exemption in U.S. law to allow civilian nuclear trade with India in exchange for Indian safeguards and inspections at its 14 civilian nuclear plants. Eight military plants, however, would remain off-limits to the inspections.

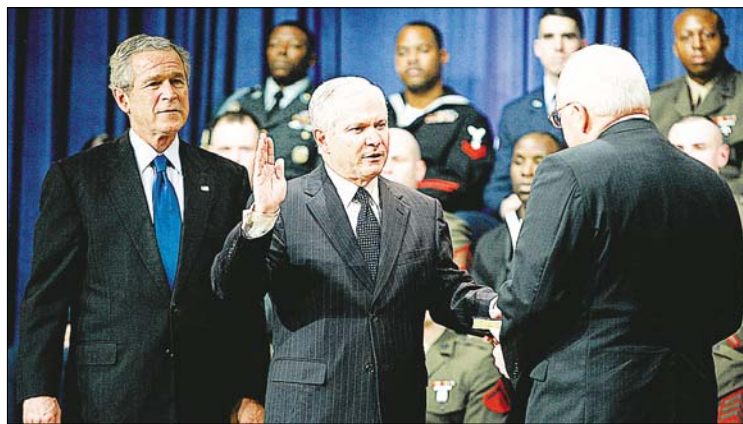
The House and Senate had overwhelmingly approved the nuclear cooperation bill, giving Bush a foreign policy victory at a time when the administration is struggling to come up with a new approach to the unpopular war in Iraq.

Critics worry the agreement could spark a nuclear arms race in Asia by boosting India's atomic arsenal. They also argue that the measure undermines international efforts to prevent states like Iran and North

Korea from acquiring nuclear weapons. In Beijing on Monday, North Korea defiantly declared itself a nuclear power at the start of the first full international arms talks since its atomic test in July and threatened to increase its arsenal if its demands were not met.

The White House said it was willing to make an exception for India, the world's largest democracy, because it had protected its nuclear technology and not been a proliferator.

The administration also argued it was a good deal because while India's military plants would not be subjected to inspections, there would be international oversight for the civilian program. **DEB RIECHMANN (AP)**



President Bush looks on as Dick Cheney swears Robert Gates into office Monday.

## Gates: Failure in Iraq 'Would Be a Calamity'

### Former CIA chief takes the helm at Pentagon as new defense secretary

WASHINGTON | Robert Gates assumed the helm at the Pentagon on Monday, warning in his first public remarks as defense secretary that failure in Iraq would be a "calamity" that would haunt the United States for years.

The former CIA chief pledged to give President Bush his honest advice on the costly and unpopular war, and said he would go to Iraq soon to see what U.S. commanders

believe should be done to quell the growing violence.

"All of us want to find a way to bring America's sons and daughters home again," Gates, 63, said after taking the oath of office as defense secretary. "But as the president has made clear, we simply cannot afford to fail in the Middle East. Failure in Iraq at this juncture would be a calamity that would haunt our nation, impair our credibility, and endanger Americans for decades to come."

He takes office as Bush conducts a wide-ranging review of his approach to the Iraq conflict. **(AP)**

## S.C. Embankment Collapse Kills 2 Teenage Boys

NEW ELLENTON, S.C. | An earthen embankment collapsed at a construction site, killing two teenagers who were buried under an estimated 5 tons of dirt, authorities said.

Joshua McLaughlin, 15, and Mathew Morris, 14, died Sunday while playing at the site near McLaughlin's home, Coroner Tim Carlton said.

After family members went searching for the boys, a relative found McLaughlin's body and called 911. Morris was found about one hour later, Carlton said.

Fire Chief Clifford Crawford said the pile of dirt that collapsed on the boys was about 20 feet high.

"We found them slightly under ground level. One of them was probably under four feet of dirt," said Clifford, who estimated about 5 tons of soil had fallen on the teens.

Family members declined to speak with a reporter Monday. **(AP)**



**WHO KNEW?** Michigan doctors have begun a unique experiment to see if rerouting patients' nerves would fix bladder control problems in paralyzed people. **(AP)**





**MAD FOR PLAID:** Great Scot! More than 5,000 Scottish soldiers are having to share ceremonial kilts because defense chiefs have yet to finalize a contract to buy enough of the garments to go around, officials report. The men have just 320 kilts between them.

## World

### In Brief



A woman cycles in Copenhagen Sunday amid debris from riotous protests.

#### COPENHAGEN, DENMARK 3 Held in Jail in Aftermath Of Weekend Street Riots

A Danish court on Monday ordered three people held in jail as prosecutors prepare charges of rioting after weekend clashes between police and demonstrators that saw nearly 300 people detained. The violence broke out after hundreds of people gathered in Copenhagen to protest a decision to evict squatters from a downtown building. (AP)

#### BEIJING N. Korea Says It Should Be Treated as a Nuclear Power

North Korea insisted Monday it be treated as a full-fledged nuclear power as six-nation arms talks convened for the first time since its atomic test, but the United States said time was running out for Pyongyang to dismantle its nuclear arsenal and threatened more sanctions. U.S. officials dismissed the communist regime's opening comments as unsurprising rhetoric, while the chief American delegate, Christopher Hill, said it was time to move forward on disarmament. (AP)

# Abbas to Go Ahead With Elections

## Palestinian leader says fighting will not deter bid for early vote

RAMALLAH, WEST BANK | Palestinian President Mahmoud Abbas insisted Monday he will push ahead with new elections, despite a wave of factional fighting between his Fatah party and the rival Islamic group Hamas.

With British Prime Minister Tony Blair by his side, Abbas also reached out to Israel in hopes

momentum toward peacemaking would provide an electoral edge over Hamas.

Tensions remained high in the Gaza Strip late Monday after a Fatah supporter was killed in a gunfight and a senior Fatah official was briefly seized by Hamas militants. But the overall level of violence was much lower than in previous days after the sides declared a truce Sunday.

At a joint news conference with Blair in Ramallah, Abbas said the violence would not deter him from



British Prime Minister Tony Blair, left, met with Mahmoud Abbas on Monday.

going ahead with presidential and legislative elections — perhaps next summer — several years ahead of schedule.

"We want to examine the will of the people. Do they still trust those they have chosen?" he said.

Abbas had hoped to end the standoff with Hamas by forming a more moderate coalition government. But months of negotiations broke down in late November. Hamas has condemned the election plan as a coup and threatened to boycott the vote. KARIN LAUB (AP)

#### PARIS | TENT PROJECT DRAWS ATTENTION TO HOMELESS



**FINDING SHELTER:** A homeless man identified only as Pascal peers out of a tent along the Saint-Martin canal in Paris on Monday. To highlight and better understand the plight of the homeless, some Parisians are trading the comfort of their homes and are also sleeping in the tents in the heart of the city. Two brothers paid for 100 tents as part of the effort to draw attention to the city's homeless as winter grows colder and France heads into presidential elections next spring.

## U.K. Police Arrest Man In Killings

IPSWICH, ENGLAND | Police on Monday arrested a 37-year-old grocery store clerk on suspicion of killing five prostitutes — slayings that struck terror in this quiet English community.

British media quoted the suspect as saying he knew all the victims and had been repeatedly interviewed by police about the killings.

But the man, identified as Tom Stephens, said he did not kill the women, whose naked bodies were dumped in rural areas around Ipswich.

"I don't have alibis for some of the times [of the killings]. ... But I'm not worried about being charged. I'm innocent," he was quoted as telling the Sunday Mirror. (AP)

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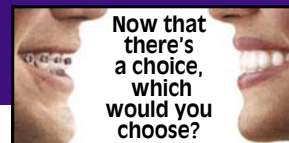
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# A Controversial Night at the Opera

**'Idomeneo' hits stage in Berlin after debate over Muslim backlash**

BERLIN | A production of Mozart's opera "Idomeneo" — dropped for fear of a Muslim backlash over a scene with the severed head of the Prophet Muhammad — was performed without serious incident Monday as it returned to the stage under heavy security.

A man in the audience at Berlin's Deutsche Oper called out "Stop it!" as the head of Islam's founder, along with those of Jesus, Buddha and Poseidon, the Greek god of the seas, came tumbling out of a sack hefted by Idomeneo.

But several voices from the other side of the hall yelled, "Continue, continue."

The audience responded to the production by awarding the cast and orchestra a prolonged applause.



**SHOWTIME:** A protester holds a poster reading "Art freedom or Jesus Christ?" at the Berlin opera house ahead of Monday's performance of Mozart's "Idomeneo."

Security personnel lined the hall throughout the performance and audience members had to pass through metal detectors out of fears that the severed-heads scene could arouse unrest. Officials said 100 police officers were on duty.

The precautions delayed the raising of the opening curtain by a half an hour, as people filtered into the 1,863-seat hall of the Deutsche Oper, which was about 100 seats short of being sold out.

Opera buff Christe Gruenheid, 69, said she had seen the production nine times and did not care about the controversy that erupted when the opera's November performances were canceled because of vague security warnings, then brought back after protests that the opera management had failed to defend artistic freedom.

"I'm only here because of the music," Gruenheid said. "The whole commotion leaves me cold." (AP)

## Iranian Leader's Opponents Lead In Local Voting

TEHRAN, IRAN | President Mahmoud Ahmadinejad suffered an embarrassing blow in local council races, according to partial election results Monday, in voting viewed as a sign of public discontent with his hard-line stance.

The balloting represented a partial comeback for opponents of Ahmadinejad, whose Islamic government's policies have fueled fights with the West.

Former President Hashemi Rafsanjani, a relative moderate, polled the most votes of any Tehran candidate to win re-election to a key assembly post.

The biggest victory was for "moderate conservatives," supporters of Iran's cleric-led power structure who are angry at Ahmadinejad, saying he has needlessly provoked the West and has failed to fix the country's faltering economy. (AP)

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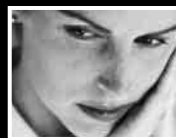
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### St. Patrick Church invites all Catholics active and inactive to COME HOME FOR CHRISTMAS Wednesday, December 20

**Let God Share His Christmas Presence with You!**



12:10 p.m. Advent Penance Service with individual confessions following a brief service.  
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*Nervous about confessing?  
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# Money

## Fannie Mae Execs Face Civil Charges

Fines, return of bonus money sought from 3 ex-company chiefs

WASHINGTON | The government on Monday filed civil charges against former Fannie Mae chief Franklin Raines and two other executives, seeking fines and the return of millions in bonus money.

The Office of Federal Housing Enterprise Oversight announced that it filed 101 charges against Raines, former chief financial officer Timothy Howard and former controller Leanne Spencer.

Raines and Howard were swept out of office two years ago in the multibillion-dollar accounting scandal at the government-sponsored mortgage giant, which finances one of every five home loans in the U.S.

Attorneys for Raines and Howard disputed the regulators' charges

and said they were politically motivated. The lawyer for Raines called OFHEO Director James B. Lockhart "a fatally biased regulator" and asked him in a letter to remove himself "immediately and completely from any further regulatory action affecting Mr. Raines."



Raines

OFHEO, the regulator for Fannie Mae and Freddie Mac, last May issued a blistering report alleging a six-year accounting fraud at Washington-based Fannie Mae, the second-largest U.S. financial institution after Citigroup Inc.

The regulators said the scheme included manipulations to reach quarterly earnings targets so that company executives could pocket hundreds of millions in bonuses from 1998 to 2004. (AP)



**SPACE RACE:** Cingular Wireless LLC, the largest U.S. cell phone provider, has made a deal with MySpace.com that will allow users of MySpace to access their profiles through Cingular phones. The MySpace Mobile application will cost \$2.99 a month plus charges for data usage.

## Hostile Bid Launched for Caremark

NASHVILLE, TENN. | Pharmacy-benefit manager Express Scripts launched a hostile \$26 billion bid Monday to acquire its larger competitor Caremark Rx, potentially scuttling a competing offer from the CVS drugstore chain. The deal, if

approved, may help cut drug prices for consumers.

Express Scripts Inc. proposed to pay \$29.25 in cash and 0.426 shares of its stock for each share of Caremark stock. The company said that equals \$58.50 per Caremark share,

based on Express Scripts' Friday's closing price.

CVS Corp., the nation's largest operator of drugstores and second to Walgreen Co. in sales, said on Nov. 1 that it planned to acquire Caremark Rx Inc. for about \$21.2 billion in stock. It said that the deal would save \$400 million annually. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

| STOCK     | LAST  | DAILY CHANGE | DAILY PERCENT CHANGE |
|-----------|-------|--------------|----------------------|
| Realogy n | 30.40 | +4.90        | +19.2                |
| DynCorp n | 16.05 | +2.14        | +15.4                |
| Vitro     | 4.99  | +0.49        | +10.9                |
| CaremkRx  | 55.58 | +5.28        | +10.5                |
| Terex s   | 64.00 | +5.87        | +10.1                |

#### Losers

|             |       |       |       |
|-------------|-------|-------|-------|
| AmOriBio    | 10.88 | -1.30 | -10.7 |
| Valassis    | 14.28 | -1.49 | -9.4  |
| Thai        | 10.78 | -1.06 | -9.0  |
| Systemax lf | 12.89 | -1.13 | -8.1  |
| WstnRef n   | 25.96 | -2.16 | -7.7  |

### Rates

|                 | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate      | 8.25    | 8.25          |
| Fed Funds close | 5.25    | 5.25          |
| 3-month disc    | 4.83    | 4.80          |
| 2-year          | 4.72    | 4.67          |
| 10-year         | 4.59    | 4.52          |
| 30-year         | 4.71    | 4.63          |

### NASDAQ Stock Market

#### Gainers

| STOCK     | LAST  | DAILY CHANGE | DAILY PERCENT CHANGE |
|-----------|-------|--------------|----------------------|
| TRM Corp  | 2.06  | +0.49        | +31.2                |
| PointrTel | 14.35 | +3.13        | +27.9                |
| Telestone | 7.45  | +1.31        | +21.3                |
| AllHlthcr | 2.56  | +0.42        | +19.6                |
| Iomai n   | 4.98  | -0.02        | -0.4                 |

#### Losers

|            |       |       |       |
|------------|-------|-------|-------|
| Mikron     | 14.54 | -6.01 | -29.2 |
| MACC       | 2.05  | -0.62 | -23.2 |
| ICF Intl n | 13.96 | -2.90 | -17.2 |
| EmbroTc    | 5.80  | -1.17 | -16.8 |
| StarScien  | 3.06  | -0.55 | -15.2 |

### Currency (Dollars in foreign currency)

|                  | TODAY   | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound    | .5131   | .5127        | .5642    |
| Canadian Dollar  | 1.1578  | 1.1577       | 1.1589   |
| European Euro    | .7635   | .7646        | .8325    |
| Japanese Yen     | 118.19  | 118.16       | 115.67   |
| Mexican Peso     | 10.8177 | 10.7749      | 10.7340  |
| Taiwanese Dollar | 32.60   | 32.62        | 33.16    |

| DOW      | NASDAQ  | S&P 500 |
|----------|---------|---------|
| -4.25    | -21.63  | -4.61   |
| -0.03    | -0.88   | -0.32   |
| 12441.27 | 2435.57 | 1422.48 |

### Biotech Stocks

| STOCK     | LAST  | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|-----------|-------|--------------|-----------------------------|
| Amgen     | 70.05 | -.17         | -11.2                       |
| Amylin    | 37.75 | -.55         | -5.4                        |
| BiogenIdc | 50.23 | -1.13        | +10.9                       |
| Celgene s | 58.78 | +.27         | +81.4                       |
| ChRvLab   | 44.55 | +.07         | +5.1                        |
| GenProbe  | 52.72 | -.35         | +8.1                        |
| Genentch  | 80.96 | +.17         | -12.5                       |
| Genzyme   | 63.05 | -.34         | -10.9                       |
| GileadSci | 63.79 | -.70         | +21.3                       |
| Imclone   | 28.28 | +.05         | -17.4                       |
| Invitrogn | 56.50 | +.19         | -15.2                       |
| MedImm    | 32.49 | -.26         | -7.2                        |
| MillPhar  | 11.35 | -.18         | +17.0                       |
| PDL Bio   | 21.04 | -.49         | -26.0                       |
| VertxPh   | 38.56 | -.37         | +39.4                       |

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**SALT IN THE WOUND:** The word "macaca," uttered famously by Va. Sen. George Allen during his campaign against Jim Webb, was named the most politically incorrect word of the year by Global Language Monitor, a nonprofit group in Los Angeles.

## Local

# Gates Gives Millions to Aid Schools

Foundation's grant targets D.C.'s literacy and math programs

D.C. School Superintendent Clifford B. Janey said yesterday a \$4.8 million grant from the Bill & Melinda Gates Foundation will help fund school system improvements in low-performing schools, including an expansion of reading and math remedial programs and conversion of several senior highs into career academies.

The grant comes as school system leaders struggle to find the money to finance a series of initiatives that Janey introduced this year aimed at boosting lackluster student achievement — including year-round schools, vocational education courses and the career academies. However, the money will make only a modest dent in the \$34 million school officials are requesting from the city to pay for the reforms.

"The partnership will allow us to really punctuate the importance of literacy for our secondary students," Janey said at Ballou Senior High School in Southeast, one of 28 schools that will receive grant money. "This is a very ambitious project."

DION HAYNES (THE WASHINGTON POST)

# Metro Orders Freeze on New Hiring

Agency looks for ways to cut internal costs before increasing fares

Metro has ordered an immediate hiring freeze for personnel not working in operations or police activities, and officials are reviewing all consultant contracts that don't affect operations as part of an effort to

find additional budget cuts, officials said Monday.

The action comes as the transit agency faces a \$116 million shortfall in its fiscal 2008 budget, which begins July 1. A proposed spending plan presented by staff to the board last week includes recommendations for the first fare hikes in three years, more contributions from taxpayers, as well as bus and rail service reduc-

tions and administrative cuts.

Several board members have said they want to look for more ways to trim costs before opting for fare increases and service cuts. Among the measures they want to consider are cutting more vacant positions, eliminating a proposed 5 percent raise for 1,600 non-union employees and ditching 60 take-home cars.

John B. Catoe Jr., Metro's incoming general manager, said the agency wants to move quickly for an outside firm to analyze Metro's current staffing structure and streamline the 10,000-employee agency.

"We need to do a self-assessment of the way we run this organization," said Catoe, who will start in Jan. 29, in a statement.

LENA H. SUN (THE WASHINGTON POST)

## ARLINGTON, VA. | SOLDIER LAID TO REST



**FINAL TRIBUTE:** An Army honor guard carries the casket of Staff Sgt. Henry W. Linck of Manhattan, Kan., during funeral services at Arlington National Cemetery on Monday. Linck died in a roadside bombing in Iraq.

HARAZN GHANBARI/AP

# NAACP, D.C. Close To Headquarters Deal

Civil rights group eyes property that is part of Anacostia project

WASHINGTON | The NAACP is expected to finalize a deal in the next several days to move its headquarters from Baltimore to the nation's capital, District of Columbia officials said Monday.

The terms of the deal, which are still being negotiated, call for the city to contribute a \$3.5 million grant to assist the civil rights organization with acquiring property along a historic stretch of Martin Luther King

Avenue in Southeast Washington. The NAACP and Mayor Anthony A. Williams are focusing on a site as part of the Anacostia Gateway Project, a development that could bring more than 150 jobs to the area almost overnight.

"There is no more appropriate place for the NAACP headquarters than Washington, D.C.," Williams said in a statement.

NAACP Chairman Julian Bond has said the organization wanted to move its headquarters to be closer to Congress, government agencies and the many news media outlets in Washington. BRETT ZONGKER (AP)

# O'Malley: No New Taxes Next Year

ANNAPOLIS, MD. | Marylanders won't have new taxes to pay next year, even though the state government faces a looming deficit, Gov.-elect Martin O'Malley said Monday.

O'Malley, a Democrat, met with Democratic lawmakers in Annapolis

to set priorities for the legislative term that begins in January. State tax experts have predicted a structural deficit — meaning state spending will eventually outstrip tax revenues if nothing changes — but O'Malley said before the meet-

ing that he would not suggest new taxes this year.

"I don't anticipate putting in any new revenue sources right now" into the budget, O'Malley said. The governor will get more advice tomorrow from a panel of fiscal experts and lawmakers who meet annually to recommend state spending levels. (AP)

## The Lotteries

Monday, December 18

### DISTRICT

|                       |         |
|-----------------------|---------|
| Mid-day Lucky Numbers | 0-6-8   |
| Evening Lucky Numbers | N/A     |
| Mid-day DC 4          | 0-3-0-8 |

|                   |     |
|-------------------|-----|
| Evening DC 4      | N/A |
| Rolling Cash Five | N/A |
| Daily 6           | N/A |

### MARYLAND

|                |         |
|----------------|---------|
| Mid-day Pick 3 | 5-6-7   |
| Evening Pick 3 | 5-2-3   |
| Mid-day Pick 4 | 0-0-6-2 |
| Evening Pick 4 | 5-6-4-8 |

Match 5 8-19-27-31-34 Bonus: 20

### VIRGINIA

|                |                |
|----------------|----------------|
| Mid-day Pick 3 | 5-8-9          |
| Mid-day Pick 4 | 9-8-5-1        |
| Mid-day Cash 5 | 11-16-18-25-27 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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# Sports



**SORE RECORD LOSER:** RB LaDainian Tomlinson was modest after passing Paul Hornung's record for most points in a season with 180. But Hornung, who set the record at 176 in just 12 games in 1960, wasn't so nice, saying his record isn't broken until someone beats his mark of 14.66 points per game.

## Rogers Catches on Against Saints

Redskins CB bobbles but ultimately grabs his first pick of the year

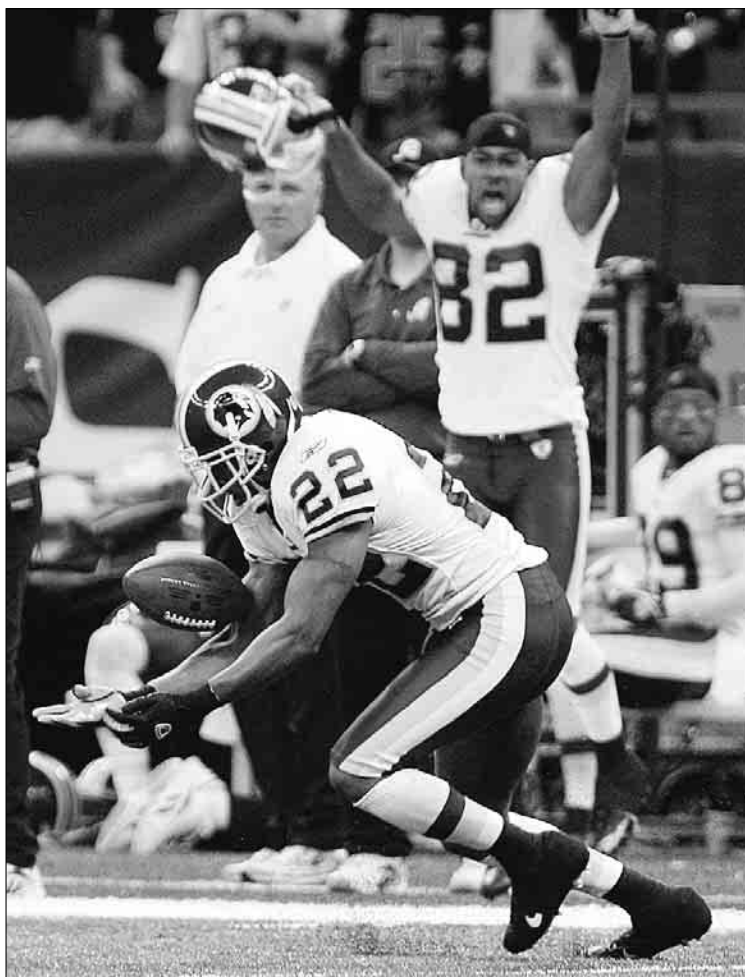
**REDSKINS** | Carlos Rogers finally caught the ball.

True, he juggled it a couple of times, causing his teammates a millisecond of "Oh, no, not again" suspense. What should have been a simple interception for the Redskins cornerback — the pass went straight to him, and there was no other player nearby to rattle him — became a clumsy play as he dropped to the turf with the ball in his arms.

But at least he didn't drop it.

In a season in which he's let at least a half-dozen potential interceptions go through his hands and allowed receivers to run unfettered through the secondary, Rogers got some measure of redemption Sunday, when he grabbed his first pick since Dec. 4 last year.

Rogers' butterfingers have been part of an overall turnover drought for the Redskins (5-9), who remain on pace to set the NFL record for fewest takeaways in a 16-game season. Rogers' interception is No. 11, so the defense needs at least five more in its final two games to move past



**CIRCUS SHOW:** Teammates watch and cheer as Redskins cornerback Carlos Rogers juggles, but eventually intercepts, a pass from Saints QB Drew Brees Sunday.

the previous low of 15.

"It's definitely psychological," linebacker Marcus Washington said. "Even that one he caught yesterday, you could tell he was really concentrating."

The Redskins converted the interception into a field goal that made the score 16-10, the team's first points off turnovers in 10 games.

To be fair, not all that has happened to Rogers has been his own

### All Betts Are On

→ RB Ladell Betts is knocking on the doorstep of a 1,000-yard year and could match Clinton Portis' mark of five straight 100-yard games this week. | **Today, Sports**

**IN** *The Washington Post*

fault. The pass rush has been spotty, sub-par performances by the safeties means he hasn't always had the expected help on deep passes and the overall secondary was weakened early in the season when cornerback Shawn Springs wasn't healthy.

But those are things a top-10 draft pick could be expected to overcome.

"We need Carlos to play like that," coach Joe Gibbs said. "I think now he's starting to get in the groove." (AP)

## Swengali

**D.C. SPORTS** | BY MATT SWENSON

## Wish List for a D.C. Sports Fan

**DEAR SANTA,**

It's that time of year. I know you're busy, but, as you'll see, my list is short and would bring joy to a city sulking in a failed Redskins season.

Some good news is needed, and you're just the elf to bring it. There are some extra cookies in it for you to deliver all three wishes.

1. A GM for the Redskins. Sunday's win aside, the team's roster is a mess (especially on defense), and there are precious few draft picks left to build on for long-term success. Joe Gibbs can't pick the right players and overspends on the wrong ones. He needs help.

2. Some marketable players for the Nationals. After this offseason

**Even if you can't deliver a superstar, maybe you can dust some magic on a prospect or two.**

## Eagles Ready for Christmas Clash

Surprise Philadelphia team gets rival Dallas in a fight for first place

**FOOTBALL** | When the NFL schedule came out last spring, it wasn't a stretch to think the Philadelphia Eagles and Dallas Cowboys would be playing for first place on Christmas Day.

It sure seemed like a long shot after Donovan McNabb went down, though.

Now, Jeff Garcia has the resurgent Eagles on the verge of making the playoffs and possibly winning the NFC East title.

Unlike many of the teams in a jumbled playoff race, Philadelphia controls its own destiny. If the Eagles (8-6) beat Dallas (9-5) next



Eagles QB Jeff Garcia has helped lead his team back into playoff contention.

Monday and Atlanta on New Year's Eve, they would capture a division championship for the fifth time in six years.

### PLAYOFF BOUND

As of Monday, six NFL teams have clinched playoff spots:

- The Bears have home-field advantage during the playoffs.
- The Colts, Chargers and Saints have all clinched their respective divisions.
- Ravens have clinched a spot.

Winning out is no easy task, especially since the Eagles are playing the Cowboys on the road. But the possibility Philadelphia would beat Carolina, Washington and the New York Giants after a lopsided loss at Indianapolis on Nov. 26 also was remote.

"They've done a good job so far," coach Andy Reid said Monday. "We haven't done anything yet." (AP)

## Cannavaro Beats Out Zidane for FIFA's Top Player

**SOCCER** | Fabio Cannavaro was voted FIFA Player of the Year on Monday, becoming the first defender to earn the honor and only the second Italian.

The 33-year-old Cannavaro, who captained Italy to its fourth World Cup title, finished with 498 points in voting by national team coaches and captains.

"It is, indeed, more difficult for a defender to come this far," Cannavaro said.

Zinedine Zidane was second, with 454 points. He was voted top player at the World Cup despite his ejection in the final for head-butting Marco Materazzi in overtime.

FRANK JORDANS (AP)

in which most of Washington's name players left via free agency or trade, there's a chance the Nats will win as many games as the number of fans who show up to RFK next year. Even if you can't deliver a superstar, maybe you can dust some magic on a prospect or two so Ryan Zimmerman has some help out there.

3. Good health to Alex Ovechkin and Gilbert Arenas. With Freddy Adu in Utah and Clinton Portis on the shelf, they are the faces of D.C. sports — for good reason. The Capitals' Ovechkin is arguably the NHL's best player in his second season. The Wizards' Arenas may have his eccentricities, but he can fill the rim (just ask the Lakers). Injuries are the only way either get stopped. Protect them, please.

Regards, Swengali



To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)



**HOLY SOCCER SPIRIT:** Soccer is practically a religion for many in Italy. So maybe it's no surprise the Vatican is now getting in on the game. The Holy See is fielding a team in the Clericus Cup — a soccer tournament among seminarians that kicks off in Rome in February — and could try to form a team for Italy's top league.



## Sports

# Man Down, Caps Defense Steps Up

Washington stops 83 percent of opposing power plays this year

**CAPITALS** | It will never make the highlights package and lacks all the glamour of one of Alex Ovechkin's unstoppable end-to-end rushes, but the penalty kill is just as critical a component of the Washington Capitals' stunning rise in the NHL Eastern Conference standings.

The rebuilding Caps (15-10-7) started the week in sixth place — high enough for a playoff berth — and have won seven of nine heading into tonight's home game against Tampa Bay (14-17-2). In those nine contests, the Caps were 4-2-for-47 while shorthanded, a statistic that captain Chris Clark said could not be overemphasized.

"It's huge. It's unbelievable," he said. "You get a goal on a power play and your PK is above 80 to 85 percent, you're going to win games."

Washington's power play is improved as well, but it's the pen-



Washington forward Chris Clark, front, credits improved teamwork with helping the Capitals improve their penalty killing from 28th last year to 13th this season.

alty kill where the club has shown the most dramatic shift. The Caps ranked a miserable 28th in the 30-team league last season with a 78.9 percent "success" rate. Now they sit

13th at 83.2 percent. The correlation is easy to spot — at this point last season, Washington was 11-19-2.

"A lot of it was that we had new coaches and new players last year,"

Clark explained. "Now, we have set guys. I usually play with [Boyd] Gordon. We know each other and where we're going. It really takes a lot of time and work."

Coach Glen Hanlon said he did not think the improvement "was as much coincidence as it was skill and execution. ... You know where you're

### Back to the Old Ovie

→ It's not hard to see that Alex Ovechkin's improved play over the last month has helped fuel a Caps surge that has left them 7-1-1 in the last nine games. | **Today, Sports**

### IN The Washington Post

supposed to be. It's so definitive."

The team's speed adds another wrinkle. Only six teams have scored more shorthanded goals than the Caps' five, while their quick transition game often cuts short an opponent's man advantage.

"They're thinking offense, offense. If they have to play a little defense, they can be out of position," Clark said. **BRIAN STRAUS**

## Badgers Move Up to No. 4 After A 'Huge Week'

**COLLEGE HOOPS** | An eight-day run that Wisconsin coach Bo Ryan called a "huge week" has the Badgers at their highest ranking ever.

A road win over ranked rival Marquette started the stretch, and it ended with Saturday's decisive 89-75 victory over then-No. 2 Pittsburgh. The two wins — along with a midweek victory over Wisconsin-Milwaukee — helped the Badgers (11-1) jump from seventh to No. 4 in The Associated Press poll released Monday.

"We've never had any better week than that," Ryan said Monday. "There's a lot more basketball to play, but it's pretty exciting and I feel good for our guys."

UCLA (9-0) remained No. 1 for the fourth straight week. North Carolina and Ohio State both moved up one spot to second and third, respectively, in a week that saw the same teams remain in the Top 25 with very little movement.

**JIM O'CONNELL (AP)**

## Trade Sending Vidro To Seattle Is Finalized

Nats receive prospects and free up money to go after young stars

**NATIONALS** | The Mariners acquired Jose Vidro from the Washington Nationals in a deal finalized Monday, a move Seattle hopes will boost its anemic offense.

Seattle obtained the three-time All-Star along with cash for oft-injured outfielder Chris Snelling and right-hander Emiliano Fruto. The trade was agreed to last week, subject to the players' passing physicals.

Vidro had been the longest-tenured players currently with the Expos-Nationals franchise, but has been slowed by leg injuries the past two seasons. He hit .289 with seven homers, 26 doubles



Nats second baseman Jose Vidro was officially traded to Seattle on Monday.

and 47 RBIs last season, when he missed 36 games.

"This deal gives us payroll flexibility both in 2007 and 2008, and it gives us a chance to acquire two young prospects who will have the opportunity to compete for roster spots," Nationals General Manager Jim Bowden said. **GREGG BELL (AP)**

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## Sports

35

The amount, in thousands of dollars, Cowboys WR Terrell Owens was fined for spitting on DeAngelo Hall on Saturday, more than twice the amount of the previous fine for spitting.

# Anthony Is Out 15 Games

Knicks coach Thomas is not penalized for involvement in brawl

BASKETBALL | NBA scoring leader Carmelo Anthony was suspended for 15 games Monday and six other players were penalized as commissioner David Stern came down hard on both teams after the Nuggets and Knicks brawled at Madison Square Garden.

Nate Robinson and J.R. Smith each were suspended for 10 games, and four other players also were suspended. Stern fined each organization \$500,000. But there was no separate penalty for Knicks coach Isiah Thomas, who had warned Anthony not to go into the lane before the mayhem started Saturday night.

It was the NBA's scariest scene since the brawl between Pacers players and Pistons fans two years ago. The league is still recovering from that episode, and Stern made it clear the players must learn to control themselves.

"We're going to go after the players who aren't able to stop," he said during a conference call. "We have set up the goal of eliminating fighting from our game. We haven't eliminated it completely."

Anthony's suspension was the sixth longest in NBA history. Mardy Collins, whose hard foul on Smith sparked the fighting, was suspended six games and Knicks teammate Jared Jeffries will miss four. Also, the Knicks' Jerome James and Denver's Nene were both penalized one game for leaving the bench area during the chaos.

BRIAN MAHONEY (AP)



Anthony

**Late Game:** The Wizards game at the Nuggets ended after Express' deadline. For results | **Today's Post, Sports**



Gilbert Arenas grabs a rebound in overtime in Sunday's win at the L.A. Lakers. The Wizards guard finished with 60 points, eight rebounds and eight assists.

# Arenas' 60 on Kobe's Court Earns Accolades

Guard sets a franchise record with historic game in L.A. Sunday

WIZARDS | On the same court where Kobe Bryant reigns, Gilbert Arenas went on a spectacular scoring spree of his own — with Bryant futilely trying to guard him.

Putting the ball through the hoop on a dazzling array of drives and jumpers, Arenas scored 60 points, the most in the NBA this season and a Washington Wizards franchise record. The effort helped him notch his second consecutive conference player of the week honor.

"It felt great because all of my friends here are Kobe fans," said

Arenas, who grew up in the area and attended high school in suburban Van Nuys.

Arenas broke the franchise record of 56 points set by Earl Monroe on Feb. 13, 1968 — also against the Lakers in overtime — when the Wizards were the Baltimore Bullets.

He also became a member of an elite club of two: Wilt Chamberlain had been the only player to score 60 or more points against the Lakers, a feat he accomplished seven times — most recently, a 65-point effort 40 years ago.

"It's funny," Bryant said. "He doesn't seem to have much of a conscience. I really don't think he does. Some of the shots he took tonight, you miss those, and they're just terrible shots. Awful." KEN PETERS (AP)

## TODAY'S TV LINEUP

**CAPITALS (7 P.M. ON COMCAST)** The Caps are red-hot, winning seven of their last nine games. Tonight, they take on the Tampa Bay Lightning at Verizon Center.

**COLLEGE FOOTBALL (8 P.M. ON ESPN2)** The college bowl season begins with the Poinsettia Bowl, featuring Northern Illinois, led by Garrett Wolfe, against

Texas Christian in San Diego.

**COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN)** Kent State is at Duke to take on the Blue Devils and Missouri is playing Illinois in St. Louis.

**HOCKEY (7 P.M. ON VERSUS)** The St. Louis Blues are playing at the Pittsburgh Penguins.



**HOT REALITY:** George Clooney will produce a movie based on John Grisham's "The Innocent Man," a nonfiction book about Ron Williamson, who was wrongfully convicted of a 1982 rape. No word on whether the "world's sexiest man" will direct or star in the film.



## Entertainment



**STILLER OF THE NIGHT:** Ben Stiller faces all sorts of reanimated historical figures in the new comedy "Night at the Museum."

# 'Museum' Piece

## Ben Stiller reprises his role of put-upon everyman in new film

**NIGHT WATCH |** From "There's Something About Mary" to "Meet the Parents," Ben Stiller has established a reputation for embodying characters facing circumstances that are outrageously stacked against him. The funnyman now faces foes even scarier than a testy would-be father-

in-law or a vengeful high school rival in "Night at the Museum."

In this family action movie directed by "The Pink Panther" helmer Shawn Levy, Stiller plays a new night watchman at New York's Museum of Natural History. He finds himself contending with a Tyrannosaurus Rex and other supposedly extinct and dangerous prehistoric creatures and bloodthirsty ancient armies that are supposed to be static displays but magically

come to life during his shift.

Stiller says he was attracted to the project from the minute he read the script's title.

"I grew up near the Museum of Natural History, and I just felt a gut reaction that I really would love to be a part of this movie," says the native New Yorker.

Stiller, 41, always was "into the mummies" when his mom and dad (actors Jerry Stiller and Anne Meara) would take him to the muse-

um. He wondered what it would be like to see one come to life. Mummies and other wonders of the past do just that via special effects in "Night at the Museum."

As the father of two young children, Stiller says he liked the idea of making a movie that he could take his family to see. "There aren't that many great, live-action family movies that everybody can enjoy," he says. "As a parent, I've become more aware of these kinds of movies."

Stiller says working with screen legends such as Dick Van Dyke and Mickey Rooney was a treat, even if their characters were his onscreen enemies.

"Night at the Museum" was a physically demanding role for its star, who took his running cues from one of his own action idols, Tom Cruise.

"I just studied Tom Cruise running in all the 'Mission: Impossible's," he says. "I think he's one of the best screen runners, and I just wanted to emulate that."

Levy applauds Stiller's willingness to throw himself — literally — into his role, sliding and running around the halls of the museum throughout much of the movie.

"Every day we would do a scene and Ben would call for one of three pairs of shoes," he says. "There was the good-looking boots, the sneakers for high-speed and Cruise-esque slippery booties where he would do the 'Risky Business' slide across the floor."

Stiller next stars in Bobby and Peter Farrelly's "The Heartbreak Kid" and reprises his voice character of Alex the lion in "Madagascar 2."

ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)



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AIMEE MANN

## Lonely Xmas

**I** Aimee Mann's First Annual Christmas Show, hosted by Fred Armisen and featuring Grant-Lee Phillips, winds up its monthlong tour at the Birchmere tonight and tomorrow. Her holiday CD, "One More Drifter in the Snow," is an excellent compendium of sad new Xmas tunes and reinterpreted classics such as "God Rest Ye Merry Gentlemen."

→ *Birchmere Music Hall, 3701 Mt. Vernon Ave., Alexandria; 7:30 p.m., \$45; 703-549-7500.*

JINNY MARSH'S HOT KUGEL  
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**2** Singer Jinny Marsh leads her jazz-hot klezmer band through a set of Israeli, Yiddish and Chassidic tunes.

→ *Kennedy Center - Millennium Stage, 2700 F St. NW; 6 p.m., free; 202-467-4600. (Foggy Bottom-GWU)*

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**3** Eight voices and one organ will combine to perform plain-songs, choral masterworks and duets and solos by composers Tomkins, Weelkes, Gibbons, Britten, Tavener and Clark in this not-just-for-Christmas program.

→ *St. Paul's Parish, 2430 K St. NW; 7:30 p.m., \$20, \$15 for students; 202-337-2020. (Foggy Bottom-GWU)*

## WHAT'S HAPPENING?

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# From Comedian to Cartoons

## Jerry Seinfeld writes, produces and stars in animated 'Bee Movie'

**KRAMER NOT INVITED |** Jerry Seinfeld is trying out his animated side in a new film called "Bee Movie," due out in November 2007.

In the film from DreamWorks, he is the voice of a bee who leaves the hive and discovers that humans have been stealing the insects' honey.

The move co-stars Renee Zellweger, who is the voice of Vanessa, a New York City florist.

"I think I'm bringing a different humorous sensibility to an animated movie," Seinfeld, who also is writing and producing the movie, told Newsweek magazine. "There's a lot of attitude in the jokes, the same way it was on the show."

The comedian, who starred in the NBC sitcom "Seinfeld," still does stand-up and has three chil-



Jerry Seinfeld will try to animate his comedic stylings about nothing.

dren under age 6. He said his home life provides him with tons of new material.

"There's no way to even describe the gold mine in the comedic arts that family life is," he told Newsweek. "I can't believe I missed it for so long. If my life was total misery — which it's not; it's heaven, I love my wife, I'm having a great time — but if it was total misery, it would still be worth it for the jokes." (AP)



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CASINO ROYALE (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
HAPPY FEET (PG) DIG (1100 130 420 720 1000 730 920 1000)  
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1100 130 420 720 1000 730 920 1000)

### UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#  
**Adv. Tix on Sale WE ARE MARSHALL (PG) ★**  
**Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★**  
**Adv. Tix on Sale ROCKY BALBOA (PG) ★**  
ERAGON (PG) DIG ★ (1100 130 420 720 1000 730 920 1000)  
PURSUIT OF HAPPYNESS (PG-13) DIG ★ (1100 130 420 720 1000 730 920 1000)  
CHARLOTTE'S WEB (G) DIG ★ (1100 130 420 720 1000 730 920 1000)  
UNACCOMPANIED MINORS (PG) DIG (1100 130 420 720 1000 730 920 1000)  
THE HOLIDAY (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
APOCALYPTO (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
BLOOD DIAMOND (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
THE NATIVITY STORY (PG) DIG (1100 130 420 720 1000 730 920 1000)  
DEJA VU (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
CASINO ROYALE (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
HAPPY FEET (PG) DIG (1100 130 420 720 1000 730 920 1000)  
BORAT (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1100 130 420 720 1000 730 920 1000)  
OC & DA: THE HOLIDAY (PG-13) DIG (1100 130 420 720 1000 730 920 1000)

### MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#  
**Adv. Tix on Sale WE ARE MARSHALL (PG) ★**  
**Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★**  
**Adv. Tix on Sale ROCKY BALBOA (PG) ★**  
CHARLOTTE'S WEB (G) DIG ★ (1100 130 420 720 1000 730 920 1000)  
ERAGON (PG) DIG ★ (1100 130 420 720 1000 730 920 1000)  
PURSUIT OF HAPPYNESS (PG-13) DIG ★ (1100 130 420 720 1000 730 920 1000)  
UNACCOMPANIED MINORS (PG) DIG (1100 130 420 720 1000 730 920 1000)  
THE HOLIDAY (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
APOCALYPTO (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
BLOOD DIAMOND (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
THE NATIVITY STORY (PG) DIG (1100 130 420 720 1000 730 920 1000)  
DECK THE HALLS (PG) DIG (1100 130 420 720 1000 730 920 1000)  
CASINO ROYALE (PG-13) DIG (1100 130 420 720 1000 730 920 1000)  
HAPPY FEET (PG) DIG (1100 130 420 720 1000 730 920 1000)  
BORAT (R) - ID REQ'D DIG (1100 130 420 720 1000 730 920 1000)  
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1100 130 420 720 1000 730 920 1000)

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#### AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

CHARLOTTE'S WEB (G) ✓ 1:45, 2:45, 4:20, 5:15, 7:00, 7:45, 9:45, 10:30

ERAGON (PG) ✓ 2:20, 3:00, 4:45, 5:45, 7:30, 8:30, 10:05

THE PURSUIT OF HAPPYNESS (PG13) ✓ 1:05, 2:00, 2:30, 3:55, 5:00, 5:35, 7:15, 8:00, 8:45, 10:15

APOCALYPTO (R) 1:10, 1:55, 4:15, 5:05, 7:35, 8:10, 10:40

BLOOD DIAMOND (R) 1:35, 3:35, 4:55, 7:25, 8:20, 10:35

THE HOLIDAY (PG13) 1:25, 3:40, 4:30, 6:50, 7:50, 10:10

THE HOLIDAY (PG13) □ 1:25, 4:30, 7:50

UNACCOMPANIED MINORS (PG) 1:50, 4:35, 7:00, 9:25

DEJA VU (PG13) 1:40, 4:35, 6:15, 7:40, 9:10, 10:35

CASINO ROYALE (PG13) 3:20, 4:10, 6:55, 8:05, 10:20

HAPPY FEET (PG) 1:00, 2:05, 3:30, 4:40, 7:20, 9:55

BORAT (R) 2:15, 4:25, 6:35, 8:50

THE DEPARTED (R) 2:10, 5:30, 8:40

AMC SELECT

THE NATIVITY STORY (PG) 1:20, 3:50, 6:20, 8:45

#### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

CHARLOTTE'S WEB (G) 1:50, 4:50, 8:00

ERAGON (PG) 2:00, 5:00, 8:45

THE PURSUIT OF HAPPYNESS (PG13) 1:40, 4:40, 8:30

APOCALYPTO (R) 1:30, 4:30, 8:15

BLOOD DIAMOND (R) 4:40, 7:45

THE HOLIDAY (PG13) 5:10, 8:15

UNACCOMPANIED MINORS (PG) 5:00, 8:45

DEJA VU (PG13) 8:30

CASINO ROYALE (PG13) 4:30, 7:35

HAPPY FEET (PG) 4:50, 8:00

AMC SELECT

THE NATIVITY STORY (PG) 5:20

#### AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

CHARLOTTE'S WEB (G) ✓ 2:30, 4:50, 7:10

THE PURSUIT OF HAPPYNESS (PG13) ✓ 1:30, 4:10, 7:30

APOCALYPTO (R) 1:20, 4:20

BLOOD DIAMOND (R) 10:10, 1:10, 4:10, 7:15

THE HOLIDAY (PG13) 1:30, 4:30, 7:30

CASINO ROYALE (PG13) 1:00, 4:00, 7:00

HAPPY FEET (PG) 3:00, 5:30, 8:00

HAPPY FEET (PG) □ 3:00, 5:30, 8:00

#### LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

ERAGON (PG) ✓ 2:00, 4:45, 7:30, 10:15

THE PURSUIT OF HAPPYNESS (PG13) ✓ 1:40, 2:40, 4:20, 5:20, 7:10, 8:10, 10:00

APOCALYPTO (R) 1:15, 4:30, 7:45, 10:40

BLOOD DIAMOND (R) 1:10, 4:10, 7:15, 10:45

THE HOLIDAY (PG13) 1:25, 3:35, 4:35, 6:50, 7:50, 10:20

THE HOLIDAY (PG13) □ 1:25, 4:35, 7:50

DEJA VU (PG13) 1:05, 4:10, 7:00, 10:30

CASINO ROYALE (PG13) 3:30, 5:00, 6:40, 8:30, 9:50

HAPPY FEET (PG) 1:30, 4:05, 10:35

STRANGER THAN FICTION (PG13) 3:45, 9:15

BORAT (R) 2:25, 5:10, 7:20, 9:30

AMC SELECT

THE NATIVITY STORY (PG) 2:30

BOBBY (R) 1:00, 6:30

THE QUEEN (PG13) 1:45, 4:15, 7:05, 9:35

#### LOEWS LEXINGTON PARK 6

21882 FDR Boulevard  
301-862-5000

CHARLOTTE'S WEB (G) 5:30, 8:10

ERAGON (PG) 5:15, 7:20

THE PURSUIT OF HAPPYNESS (PG13) 4:30, 7:45

APOCALYPTO (R) 4:30, 7:30

UNACCOMPANIED MINORS (PG) 4:55, 7:10

HAPPY FEET (PG) 5:40, 8:00

#### AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

CHARLOTTE'S WEB (G) ✓ 1:00, 1:45, 3:45, 4:20, 6:15, 7:00, 9:00, 9:45

ERAGON (PG) ✓ 12:50, 2:00, 3:15, 4:45, 5:45, 7:30, 8:30, 10:15

THE PURSUIT OF HAPPYNESS (PG13) ✓ 1:15, 3:30, 4:15, 6:30, 7:15, 9:15, 10:30

APOCALYPTO (R) 1:05, 4:05, 5:30, 7:10, 8:35, 10:20

BLOOD DIAMOND (R) 1:35, 3:40, 4:40, 6:45, 7:45, 9:50

THE HOLIDAY (PG13) 1:10, 3:25, 4:25, 6:40, 7:40, 9:55

UNACCOMPANIED MINORS (PG) 2:35, 5:05, 7:25, 9:40

DEJA VU (PG13) 1:55, 4:55, 7:45, 10:30

CASINO ROYALE (PG13) 12:55, 4:05, 7:10, 10:15

HAPPY FEET (PG) 1:50, 3:35, 4:35, 6:20, 7:20, 9:05, 10:05

HAPPY FEET (PG) □ 1:50, 4:35, 7:20, 10:05

THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 12:45, 3:10

AMC SELECT

#### AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

CHARLOTTE'S WEB (G) 1:45, 4:20, 7:00, 9:45

ERAGON (PG) 2:10, 4:50, 7:30, 10:00

THE PURSUIT OF HAPPYNESS (PG13) 1:50, 3:20, 4:30, 6:05, 7:10, 8:50, 9:50

APOCALYPTO (R) 3:05, 6:10, 9:15

BLOOD DIAMOND (R) 3:15, 6:20, 9:25

THE HOLIDAY (PG13) 3:35, 6:40, 9:40

THE HOLIDAY (PG13) □ 3:35, 6:40, 9:40

UNACCOMPANIED MINORS (PG) 3:00, 5:30, 7:45, 9:55

DECK THE HALLS (PG) 1:35, 3:45, 5:55

DEJA VU (PG13) 3:40, 6:25, 9:10

CASINO ROYALE (PG13) 3:25, 6:30, 9:35

HAPPY FEET (PG) 1:55, 4:40, 7:05, 9:30

STRANGER THAN FICTION (PG13) 2:30, 5:10, 7:40, 10:10

BORAT (R) 8:00, 10:05

AMC SELECT

THE NATIVITY STORY (PG) 2:20, 4:35, 6:55, 9:20

#### LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

DECK THE HALLS (PG) 5:15, 7:20

THE FOUNTAIN (PG13) 7:40

STRANGER THAN FICTION (PG13) 4:30, 7:00

BORAT (R) 4:40, 7:10

FLUSHED AWAY (PG) 5:50

FLAGS OF OUR FATHERS (R) 4:20, 7:00

THE DEPARTED (R) 4:10, 7:10

AMC SELECT

BABEL (R) 4:00, 6:50

THE QUEEN (PG13) 4:50, 7:30

#### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

CHARLOTTE'S WEB (G) 12:30, 2:50, 5:30, 8:15, 10:35

ERAGON (PG) 12:50, 3:20, 5:50, 8:20, 10:30

THE PURSUIT OF HAPPYNESS (PG13) 12:00, 1:00, 2:00, 3:15, 4:05, 5:00, 6:05, 7:00, 8:00, 9:00, 10:00, 10:40

APOCALYPTO (R) 12:20, 3:15, 6:15, 9:15

BLOOD DIAMOND (R) 12:10, 3:30, 6:30, 9:50

THE HOLIDAY (PG13) 1:10, 4:10, 7:10, 10:10

UNACCOMPANIED MINORS (PG) 2:15, 4:45, 7:05, 9:35

DEJA VU (PG13) 1:15, 4:15, 7:15, 10:15

CASINO ROYALE (PG13) 12:35, 3:40

HAPPY FEET (PG) 12:15, 2:45, 5:15, 7:45, 10:25

#### LOEWS DUPONT 5

1350 19th St.  
1-800-FANDANGO #711

AMC SELECT

BOBBY (R) 4:50, 7:30

THE HISTORY BOYS (R) 4:20, 5:00, 7:10, 7:40

BABEL (R) 4:00, 7:00

LITTLE MISS SUNSHINE (R) 5:15, 8:00

#### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

ERAGON (PG) 1:30, 4:00, 6:30, 9:00

#### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

CHARLOTTE'S WEB (G) ✓ 12:50, 1:55, 3:15, 4:25, 5:35, 7:00, 8:00, 9:25, 10:25

ERAGON (PG) ✓ 12:45, 1:50, 3:05, 4:15, 5:25, 7:10, 8:20, 9:35, 10:45

THE PURSUIT OF HAPPYNESS (PG13) ✓ 1:15, 2:25, 4:05, 5:10, 7:05, 8:05, 9:45, 10:45

APOCALYPTO (R) 12:45, 2:15, 3:45, 5:15, 7:00, 8:30, 10:05

BLOOD DIAMOND (R) 1:10, 4:20, 7:35, 10:40

THE HOLIDAY (PG13) 1:00, 2:30, 4:00, 5:30, 7:15, 8:45, 10:20

THE HOLIDAY (PG13) □ 1:00, 4:00, 7:15, 10:20

UNACCOMPANIED MINORS (PG) 1:05, 3:25, 5:45, 7:55, 10:10

DEJA VU (PG13) 1:30, 4:30, 7:25, 10:15

CASINO ROYALE (PG13) 12:55, 4:10, 5:20, 7:20, 8:35, 10:30

HAPPY FEET (PG) 12:40, 3:10, 5:40, 8:10, 10:35

AMC SELECT

THE NATIVITY STORY (PG) 12:40, 3:00

#### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

CHARLOTTE'S WEB (G) ✓ 4:30, 7:00

ERAGON (PG) ✓ 5:30, 8:00

THE PURSUIT OF HAPPYNESS (PG13) ✓ 4:40, 5:20, 7:30, 8:00

APOCALYPTO (R) 4:25, 7:30

BLOOD DIAMOND (R) 4:15, 7:20

UNACCOMPANIED MINORS (PG) 4:45, 7:10

DEJA VU (PG13) 4:35, 7:40

CASINO ROYALE (PG13) 4:20, 7:25

HAPPY FEET (PG) 5:00, 7:45

THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 4:50, 7:05

AMC SELECT

THE NATIVITY STORY (PG) 5:10, 7:50

#### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

CHARLOTTE'S WEB (G) ✓ 4:45, 7:05, 9:25

THE PURSUIT OF HAPPYNESS (PG13) ✓ 4:00, 5:10, 6:50, 7:40, 9:30, 10:10

DEJA VU (PG13) 4:10, 7:10, 10:00

STRANGER THAN FICTION (PG13) 4:50, 7:20, 9:55

AMC SELECT

THE NATIVITY STORY (PG) 5:00, 7:30, 9:50

BOBBY (R) 4:20, 7:00, 9:40

FOR YOUR CONSIDERATION (PG13) 5:40, 7:50, 9:45

#### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

AMC SELECT

THE LAST KING OF SCOTLAND (R) 4:20, 7:00, 9:50

THE HISTORY BOYS (R) 4:10, 7:10, 9:40

BABEL (R) 5:00, 8:00

COPYING BEETHOVEN (PG13) 4:40, 7:40, 9:50

SHUT UP & SING (R) 4:30, 7:30, 9:30

THE QUEEN (PG13) 3:50, 7:00, 9:10

LITTLE MISS SUNSHINE (R) 4:50, 7:20, 9:20

#### AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.  
301-729-6633

CHARLOTTE'S WEB (G) ✓ 5:20, 7:45

ERAGON (PG) ✓ 5:30, 8:00

THE PURSUIT OF HAPPYNESS (PG13) ✓ 5:20, 8:15

THE PURSUIT OF HAPPYNESS (PG13) □ 5:20, 8:15

APOCALYPTO (R) 5:10, 8:00

UNACCOMPANIED MINORS (PG) 5:50, 8:15

DECK THE HALLS (PG) 5:40, 8:00

#### LOEWS WHITE FLINT 5

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## Entertainment

# Bad Rap Attack

**Nas teams with former rival Jay-Z to save hip-hop from itself**

**DEAD HEAD** | When Nas and Jay-Z set aside their feud and joined forces last October, it was a great moment for hip-hop, but an even greater moment for Nas. Having been Columbia's staple rap artist for more than a decade, the acclaimed yet commercially unreliable emcee seemed poised to reap the benefits of Def Jam's hip-hop savvy.

But then Jay-Z opted to rise out of retirement with "Kingdom Come," which sold 680,000 units in its opening frame — the rapper's biggest sales week ever.

Concerns have risen that the heavily hyped "Kingdom Come" could put a damper on Nas' equally anticipated Def Jam debut "Hip-Hop Is Dead ... The N." But while labelmates Method Man and LL Cool J have publicly decried Jay-Z's apparent preferential treatment, Nas has no gripes. "This was the plan," the native New Yorker says. "All the things that are happening are what me and Jay said would happen. A lot of people are coming down on him, but people just need to get used to rappers in these [executive] positions.

"The basic reason that me and Jay came together, besides a respect for each other, is because it felt like it was needed," Nas says. "A lot of elements of the game are dead."



**POETIC JUSTICE/IRONY:** Nas declares hip-hop is dead and releases a CD to prove it.

On the new album, Nas reflects on the demise of lyricism and passion in hip-hop. The set is anything but subtle, as the poetic rapper reflects atop tunes crafted by producers like Kanye West ("Still Dreamin'") and Will.i.am ("Can't Forget About You," featuring Chrisette Michelle).

"Hip-hop has taken on so many different meanings that we kind of got lost," Nas says. "Hip-Hop Is Dead" is a happy moment for us to reassess everything."

Assisting Nas are guest rappers such as the Game ("QB True G"), Snoop Dogg ("Play on Playa") and, of course, Jay-Z ("Black Republican"). On the Will.i.am-helmed lead single/title track, Nas rhymes, "Everybody sound the same, commercialize the game/Reminisce when it wasn't all business." Though these musings are characteristic of the rapper, the song has received considerably more airplay than some of his previous singles. CLOVER HOPE (BILLBOARD)

## Bob Dylan Objects to New Film

**IT AIN'T ME, BABE** | A character patterned after Bob Dylan in the upcoming biopic "Factory Girl," about the rise and drug-hastened fall of 1960s actress/model Edie

Sedgwick, has prompted the folk-rock legend's lawyers to demand that screenings be canceled until they can view the movie before it is released later this month.

The fear: Viewers might infer that Dylan was responsible for Sedgwick's drug death in November 1971, several years after she and Dylan had become close while living in Manhattan's infamous Chelsea Hotel.

A letter Dylan's lawyers sent claimed that the portrayal "remains both defamatory and a violation of Mr. Dylan's right of publicity" and

demanding screenings be canceled.

In the movie, the folk-rocker's character has been morphed into "Billy Quinn," purportedly drawing from several performers. But people who have seen the movie say Quinn, played by Hayden Christensen, has Dylan's mannerisms and sports a checked scarf similar to the one Dylan has on the cover of his "Blonde on Blonde" album — on which, legend has it, Sedgwick inspired two songs: "Just Like a Woman" and "Leopard-Skin Pill-Box Hat."

SCOTT MARTELLE (LOS ANGELES TIMES)



**STRAIGHT TO TV?** The New York Times reported that Comcast is testing a new service to provide video-on-demand films the same day the movie comes out on DVD. Denver and Pittsburgh are the first cities that get to try the service, which costs \$4 per flick.



Television

ON TV TONIGHT

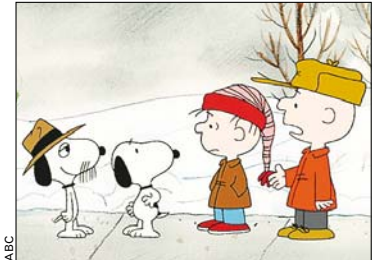
**PROFILING AS ENTERTAINMENT**  
Penn Jillette hosts the new game show **IDENTITY** (8 p.m., NBC).

**NOW I WANNA BE YOUR DOG**  
Snoopy and Spike provide holiday mirth in the 2003 animated special **I WANT A DOG FOR CHRISTMAS, CHARLIE BROWN** (8 p.m., ABC).

**A GOAT IN THE CRIB?**  
Strange bedfellows in Bulgaria on **THE UNIT** (9 p.m., CBS).

**RUN FOR YOUR DEATH**  
Marathons can be murder on **CSI: NY** (10 p.m., CBS).

**UN MYSTÈRE**  
A mysterious French witness (Leslie Caron) comes forward on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).



**BEAGLE BROS:** Unlike sibling Snoopy, Spike styles with a hat and a 'stache.

**CULT CHOICE**  
A series of incidents forces an anguished mother (Nancy Kelly) to realize that her darling daughter (Patty McCormack) is a raving serial killer in the 1956 shocker **THE BAD SEED** (8 p.m., TCM). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Pleasant Comedies

**'My Boys' isn't great, but at least it has a good, fresh attitude**

**YEAH, 'BOYS'** | This season has not been receptive to original network situation comedies, with shows including "Twenty Good Years" and "Happy Hour" disappearing quickly and others like "Til Death," "Big Day" and "Help Me Help You" withering on the ratings vine.

Cable network TBS has defied this trend by dedicating its entire schedule to comedy. Granted, this means a lot of old movies and repeats of "Everybody Loves Raymond" and



**'BOYS' AND GIRLS:** Jordana Spiro's likeability really helps out "My Boys."

"Sex and the City," but its new show "My Boys" (10 p.m. and 10:30 p.m., TBS) may be a fledgling hit.

"My Boys" stars Jordana Spiro as a female sportswriter who keeps a journal of her relationships with her male friends and poker buddies. The show's premise is highly derivative and the writing is pleasant but rarely sparkling.

But what "Boys" lacks in brilliant banter it more than makes up for in likeability and its pleasing sense of boundaries. And in a refreshing change, matters of sex, romance and friendship all appear to have real consequences. In short, PJ and her friends resemble adult humans as opposed to the one-liner-spewing erotic automatons that populate too many sitcoms.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

| 12.19.06       | 6:00 PM   | 6:30   | 7:00   | 7:30  | 8:00   | 8:30  | 9:00   | 9:30  | 10:00   | 10:30                               | 11:00                           | 11:30                        |
|----------------|-----------|--|--|---|--|---|--|---|---|-------------------------------------|---------------------------------|------------------------------|
| LOCAL CHANNELS | WRC 4     | News   |  | Nightly News  | Access Hollywood   | Identity (N)  | Law & Order: Criminal Intent   |   | Law & Order: Special Victims Unit                     | News                                | News                            | Tonight Show                 |
|                | WTTG 5    | Seinfeld   | The Simpsons   | The Simpsons  | Seinfeld   | House "No Reason"   | House "Meaning"  |   | News  |                                     | News                            | Geraldo at Large             |
|                | WJLA 7    | News   | ABC Wild News  | Wheel of Fortune  | Jeopardy! (N)  | I Want a Dog-Charlie Brown  | Big Day (N)  | Big Day (N)   | Boston Legal  |                                     | News                            | (35) Nightline               |
|                | WUSA 9    | News   | Evening News   | News  | Entertainment  | NCIS "Escaped"  | The Unit "Extreme Rendition"   |   | CSI: NY "Love Run Cold"                               |                                     | News                            | Late Show                    |
|                | WDCA 20   | Scrubs   | Scrubs   | Judge Joe Brown   | Judge Judy (N)   | Wicked Wicked Games (N)   | Watch Over Me "Standoff" (N)   |   | The Tyra Banks Show                                   |                                     | Still Standing                  | Still Standing               |
|                | WMPT 22   | The NewsHour With Jim Lehrer (N)   | Business Rpt.  | Business Rpt.   | Outdoors Md.   | Nova "Descent Into the Ice"   | Frontline "Stopping Drugs"   |   | America's Choir                                       |                                     | Independent Lens "Troop 1500"   |                              |
| BASIC CABLE    | WETA 26   | BBC World News   | Business Rpt.  | The NewsHour With Jim Lehrer (N)  | Moneywise  | Nova  | Great Lodges-Canadian  |   | Frontline "The Persuaders"                            |                                     | Charlie Rose (N)                |                              |
|                | WHUT 32   | World Business   | Tavis Smiley   | BBC World News  | Friends  | Mystery!  | Wounded in Action  |   | BBC World News  | Tavis Smiley                        | Charlie Rose (N)                |                              |
|                | WDCW 50   | My Wife and Kids   | My Wife and Kids   | Friends   | Friends  | Gilmore Girls "Lorelai's First Cotillion"                                     | The Victoria's Secret Fashion Show   |   | Will & Grace  | Will & Grace                        | Sex and the City                | Sex and the City             |
|                | A&E       | Crossing Jordan  |  | CSI: Miami "Vengeance"  | CSI: Miami "Prey"  |   | Bounty Hunter  | Bounty Hunter   | Bounty Hunter   | Bounty Hunter                       | Bounty Hunter                   | Bounty Hunter                |
|                | Animal    | The Crocodile Hunter   |  | The Most Extreme Appendages.  | The Most Extreme "Oddities"  |   | Close-Danger   | Close-Danger  | Animal Cops Detroit "Cold as Ice"                     | The Most Extreme "Oddities"         |                                 |                              |
|                | BET       | 106 & Park: BET's Top 10 Live Bow Wow. (N)                               |  | Access Granted  | ★★ "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce.                            |   |  |   | American Gangster "Nicky Barnes"                      | Jamie Foxx                          | Jamie Foxx                      |                              |
| SPORTS         | Bravo     | (5:30) Inside the Actors Studio Eddie Murphy.                            |  | ★★★ "Back to the Future" (1985, Science Fiction) Michael J. Fox, Christopher Lloyd.   |  |   |  |   | Real Housewives of Orange County                      | Identity                            |                                 |                              |
|                | Comedy    | (5:00) ★ "Drive Me Crazy" (1999)   | Scrubs   | Scrubs  | Daily Show   | Colbert Report  | Mind of Mencia   | South Park  | Chappelle's Show                                      | Chappelle's Show                    | Daily Show                      | Colbert Report               |
|                | Court     | Forensic Files   | Forensic Files   | Cops  | Cops   | Cops  | Cops   | Cops "Busts"  | Party Police: Wild on the Water                       | Masterminds (N)                     | Masterminds                     | Masterminds                  |
|                | Discovery | It Takes a Thief "McMansion" (N)   | How It's Made  | How It's Made   | Dirty Jobs Pouring foundations.  | Dirty Jobs Pouring foundations.   | Dirty Jobs New Orleans. (N)  | Everest: Beyond the Limit (N)                                       | Man vs. Wild Kenya.                                   |                                     |                                 |                              |
|                | DISCH     | Code Blue "Fresh Faces"  | Impact: Stories of Survival                                      | Impact: Stories of Survival   | Little People, Big World   | Little People, Big World  | Critical Hour  |   | Diagnosis: Unknown                                    |                                     | Little People, Big World        |                              |
|                | Disney    | Phil of the Future   | Zack & Cody  | Phil of the Future  | That's So Raven  | "Molly: An American Girl on the Home Front" (2006) Maya Ritter.               | Life With Derek  | Phil of the Future  | Zack & Cody   | That's So Raven                     |                                 |                              |
| MOVIES         | E!        | Sports Stars, Private Lives  | E! News (N)  | The Daily 10 (N)  | Blunders, Break-Ups  | Blunders, Break-Ups   | Girl Next Door   | Girl Next Door  | Love Ride   | The Soup                            | E! News                         | The Daily 10                 |
|                | FX        | King of the Hill   | King of the Hill   | That '70s Show  | That '70s Show   | ★★ "Stargate SG-1" (1997, Science Fiction) Michael J. Fox, Christopher Lloyd. | ★★ "The Enforcer" (1976, Drama) Clint Eastwood, Tyne Daly, Bradford Dillman. | ★★ "There's Something About Mary" (1998) Cameron Diaz, Matt Dillon. |   |                                     |                                 |                              |
|                | HGTV      | Holiday Windows 2006   | What You Get   | House Hunters   | Designed to Sell   | Save My Bath  | Decorating Cents   | 24 Hour Design  | House Hunters   | Buy Me                              | Parents House                   | FreeStyle                    |
|                | Family    | Everwood "Complex Guilt"   | Frosty's Winter  | Nestor-Donkey   | ★★★ "Harry Potter and the Prisoner of Azkaban" (2004, Fantasy) Daniel Radcliffe, Rupert Grint. |   |  |   |   |                                     | The 700 Club                    |                              |
|                | History   | Modern Marvels: Ink  | Modern Marvels: Paint  | Hooked: Illegal Drugs   | Hooked: Illegal Drugs  | Hooked: Illegal Drugs   | Hooked: Illegal Drugs  | Hooked: Illegal Drugs   | Hooked: Illegal Drugs                                 | Hooked: Illegal Drugs               | Dogfights "The Last Gunfighter" |                              |
|                | Lifetime  | Reba   | Reba   | Still Standing  | Still Standing   | Reba  | Reba   | Reba  | Reba  | Reba                                | Will & Grace                    | Will & Grace                 |
| NEWS           | MTV       | Rob & Big  | Rob & Big  | Sucker Free   | Wild 'n Out  | Wild 'n Out   | Wild 'n Out  | Wild 'n Out   | Twentyfourseven                                       | Twentyfourseven                     | Room Raiders                    | Room Raiders                 |
|                | NICK      | Ned's School   | Avatar-Last Air  | SpongeBob   | Jimmy Neutron  | SpongeBob   | Hi-Jinks   | Full House  | Roseanne  | Roseanne                            | Fresh Prince                    | Fresh Prince                 |
|                | SCI FI    | Stargate SG-1 "Small Victories"  | Dead Like Me "Sunday Mornings"                                   | CSI: Crime Scene Investigation  | CSI: Crime Scene Investigation   | Dead Like Me George gets a pet.   | Eureka Fargo invents a mental mouse.   | ECW (Live)  | (05) "Dead Men Walking" (2005)                        |                                     |                                 |                              |
|                | SPIKE     | Seinfeld   | Seinfeld   | Every-Raymond   | Every-Raymond  | Every-Raymond   | Every-Raymond  | Sex and the City  | Sex and the City                                      | My Boys (N)                         | My Boys (N)                     | Friends                      |
|                | TLC       | While You Were Out   | Rides "XLR" Cadillac XLR makeover.                               | Without a Trace   | Without a Trace "Lost and Found"   | Without a Trace "Lost and Found"  | Without a Trace "The Line"   | The Closer "Slippin"  | Miami Ink "The Car Star" (N)                          | Miami Ink "Rock 'n' Roll All Night" | Cold Case "Time to Crime"       | Cold Case "Time to Crime"    |
|                | TNT       | Law & Order: "Legacy"  | Law & Order: Criminal Intent                                     | Law & Order: Criminal Intent  | Law & Order: Criminal Intent   | Law & Order: Criminal Intent  | Law & Order: Criminal Intent   | Law & Order: Criminal Intent  | Law & Order: Criminal Intent                          | Law & Order: Criminal Intent        | Law & Order: Criminal Intent    | Law & Order: Criminal Intent |
| ENTERTAINMENT  | USA       | Caught on Tape   | VH1 Goes Inside "Cops"   | 40 Greatest Pranks  |  |   |  |   | Reality TV Secrets Revealed                           | Reality TV Secrets Revealed         |                                 |                              |
|                | VH1       |  |  |   |  |   |  |   |   |                                     |                                 |                              |
|                | TELEM     | Sala de Parejas  | Noti-Telemndo  | Viuda de Blanco (N)   | Marina (N)   | Amor Mio (N)  | Amores (N)   | Decisiones  | Noti-Telemndo   | Laura                               |                                 |                              |
|                | UNIV      | Que Locura   | Noticiero Univ   | Heridas de Amor (N)   | La Fea Más Bella (N)   | Mundo de Fieras (N)   |  | Ver Para Creer  | Primer Impacto  | Noticiero Univ.                     |                                 |                              |
|                | ESPN      | SportsCenter (Live)  | College Basketball Kent State at Duke. (Live)                    | College Basketball Missouri at Illinois. (Live)   | SportsCenter (Live)  |   |  |   |   |                                     |                                 |                              |
|                | ESPN2     | 2006 World Series of Poker   | ESPN2 Bowl Breakdown Special                                     | College Football San Diego County Credit Union Poinsettia Bowl -- Northern Illinois vs. Texas Christian. From San Diego. (Live) | Quite Frankly  |   |  |   |   |                                     |                                 |                              |
| MOVIES         | CSN       | Totally Football   | SportsNite   | NHL Hockey Tampa Bay Lightning at Washington Capitals. (Subject to Blackout) (Live)   | Caps Postgame  | SportsNite (Live)   | ACC All-Access   | Final Score   |   |                                     |                                 |                              |
|                | CNN       | Lou Dobbs Tonight  | The Situation Room   | Paula Zahn Now  | Larry King Live  |   |  |   | Anderson Cooper 360                                   |                                     |                                 |                              |
|                | FNC       | Special Report (Live)  | The Fox Report With Shepard Smith                                | The O'Reilly Factor (Live)  | Hannity & Colmes (Live)  |   |  |   | On the Record-Van Susteren                            | The O'Reilly Factor                 |                                 |                              |
|                | MSNBC     | Tucker   | Hardball   | Countdown: Best of Oddball  | Scarborough Country  |   |  |   | Crime & Punishment                                    | MSNBC Investigates                  |                                 |                              |
|                | AMC       | (5:45) ★★ "Three Men and a Little Lady" (1990, Comedy) Tom Selleck. 'PG' | ★★★ "Prancer" (1989, Fantasy) Sam Elliott, Rebecca Harrell. 'G'  | (15) ★ "The Flintstones in Viva Rock Vegas" (2000) Mark Addy. 'PG'  |  |   |  |   |   |                                     |                                 |                              |
|                | TCM       | ★★★ "Suddenly, Last Summer" (1959, Drama) Elizabeth Taylor. 'NR'         | ★★★ "The Bad Seed" (1956, Horror) Nancy Kelly, Henry Jones. 'NR' | (15) ★★ "The Little Princess" (1939, Drama) Shirley Temple. 'G'   |  |   |  |   |   |                                     |                                 |                              |
| MOVIES         | HBO       | Dreamgirl-Look   | ★★ "Jingle All the Way" (1996) Arnold Schwarzenegger.            | ★★★ "Harry Potter and the Goblet of Fire" (2005, Fantasy) Daniel Radcliffe.   | PG-13  | Good Shepherd   | "Tsunami, the Aftermath" (2006)  |   |   |                                     |                                 |                              |
|                | MAX       | ★★ "The Shadow" (1994) Alec Baldwin.                                     | PG-13  | (45) ★★ "The Ring Two" (2005, Horror) Naomi Watts, Simon Baker.   | NR   |   |  |   | ★ "Date Movie" (2006) Alyson Hannigan. 'PG-13'        | Exhibitionist                       |                                 |                              |
|                | SHOW      | (5:35) ★★ "Off the Map" (2003) Joan Allen. 'PG-13'                       | ★★ "Duane Hopwood" (2005) David Schwimmer. 'R'                   | Dexter "Born Free" (iTV)  |  |   |  |   | ★★ "3 Needles" (2005, Drama) Shawn Ashmore. iTV. 'NR' |                                     |                                 |                              |
|                | TMC       | ★★ "The Big Lebowski" (1998, Comedy-Drama) Jeff Bridges.                 | R  | ★★ "Alfie" (2004) Jude Law, Marisa Tomei.   | R  | (45) ★★ "The Final Cut" (2004) Robin Williams.                                | PG-13  |   |   |                                     |                                 |                              |
|                | STARZ!    | (5:15) ★★ "The Greatest Game Ever Played" (2005)                         | (20) ★★ "The Pacifier" (2005) Vin Diesel.                        | PG  | ★ "Deuce Bigalow: European Gigolo" (2005)  | R   | ★★★ "Hitch" (2005) Will Smith.   | PG-13   |   |                                     |                                 |                              |
|                | ENCORE    | (15) ★★ "K-9" (1989, Comedy) James Belushi, Mel Harris.                  | PG-13  | ★ "Venom" (2005, Horror) Agnes Bruckner.  | R  | (35) ★★ "The Forgotten" (2004) Julianne Moore.                                | (15) ★ "Child's Play 3" (1991)   | R   |   |                                     |                                 |                              |



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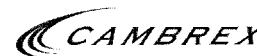
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For immediate consideration, please send resume to: trobinson@hospsc.org, Fax: 202-635-6121, or apply in person at The HSC Pediatric Center, 1731 Bunker Hill Rd., NE, Washington, DC 20017. EOE

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• Weekend Counselors - Sat./Sun. 8 am - 8 pm (24hrs)

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Min 3 years experience. Women are encouraged to apply. Salary + bonus. Call 240-604-8315.

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## Social Services



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Use your skills to manage residential programs for disabled individuals. You will manage the budget and oversee the quality of the facility and equipment, supervise admissions, consumer care and discharges. Supervise small staff providing 24 hour care. Successful candidates will have a BS/BA degree in a related field, have 5 years experience in MR/ICF, and have experience in behavior management. Computer experience a must.

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Manassas or Vienna, VA

Serve as a Hab Coach for adults with mental retardation and/or physical disabilities. Coordinate and oversee the implementation of activities of daily living. Must have a Bachelor's degree in Human Services field and 2 years experience with program implementation with the MR population.

## COUNSELORS (MR/ICF)

Full-time

Provides direct care, supportive counseling, training and community integration to individuals with developmental disabilities. Requires some lifting and basic computer skills. A BS degree and a minimum of 1 year experience in MR or ICF field required. Must have valid driver's license.

- Vienna, VA location: Mainly Mon-Fri; may require Saturday in lieu of a week day
- Arlington, VA location: P.M. shifts Wed-Sat
- Manassas, VA location: P.M. shifts Sun-Wed or Wed-Sat

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Visit our website at [CityLightsPCS.org](http://CityLightsPCS.org) for full position descriptions. If interested submit a copy of your resume along with a copy of your credentials to our Human Resources Department at 202-832-3654. We are an Equal Employment Opportunity and a Drug Free Workplace.

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**CATH AVE N.W.**—Spac sunny 1BR, \$1350/mo. uts incl. avl imm. 202-487-4058.

**CLEVELAND PK**—Nice frnshd effc. inclds util/gym, 1b1k frm Mtro.Nr Everything \$1450/mo 571-594-1444

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**NE/4903 Fitch Pl.** (20019)—3BR, 1½BA, CAC, OSP, bk porch, bkdy. \$1500 mo+. Call 301-350-4673

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**ARL**— M, N/S Bsmt Rm \$550+utills. pvt entr. & F \$650 utils incl & 5 mins Pentagon. Avail 202-438-1333

**ARL**— Shr hse. Walk Ballston Metro. Immed. Rms \$595. Rm \$675; Rm/BA/entry \$875 + Utl. 703-599-7572

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**BELTSVILLE**—Rm avail in 3BR apt \$600; MBR w/pvt. BA. \$750. Nr bus, mall, 495/95. Avail. Jan. 1 or immed. Utils. incl. 808-230-7004

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**BOWIE**—Vacant rm in beautiful Town Home to share, \$500+½ utils. call 240-432-7168

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**DIST HGTS**—pvt hm, furn rm, quiet, nr bus metro shops 301-568-3386

**DISTRICT HEIGHTS**—1 room for rent in apt to shr. Nr metro/shops/bus. W/D. \$600 all utils incl. 240-478-5418

**Dumfries**—\$750.00, 4190 la mauricie loop, 4 br, 3 1/2 bath, utl incl (703)5653596

**FAIRFAX CITY**—prof. M/F shr 3 lvi th, N/S, no pets, 1 rm avl: \$385 + ¼ utils. 2nd lwr lvr rm avail incl sitting room w/pvt bath. 703-385-0248/703-343-3568

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**LAUREL**—Near mall & Home Depot. \$475 incld uttl call 240-593-9773

**LAUREL**—SFH, \$550/mo, F pref, no pets, priv bath, shr kit. Fpl avail, deck, nice big yard. All utils incl. 301-776-0138

**LAUREL**—TH to shr, Lrg BR, W/D, D/W, w/w carpt, deck, \$550/mo, utils incld. 240-475-4072

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**BOWIE, 15010 NEWCOMB LN**—4BR 2FBA \$420,000 Call 240-462-6527

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**LARGO 338 HARRY S. TRUMAN DR**— 3BR 2½BA TH, \$300,000 Call 240-462-6527

**LAUREL**—Lovely brick TH in sought after community. 4BR. 3 full BA, 1 car gar. hwdw flrs thru-out. fpl. owner's BR w/pvt BA & loft rm. **9305 Ispanhan Loop.** Call Denise, 301-922-5173. Re/Max One.

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**Palisades \$3195**  
**Charming Bungalow**

Det 3 br 2 ba, atch grg, wkout bsmt,fp, nr shops 202 244 3023 www.rothblum.org/MacArthur

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**SIL SPRG**—4lvi split, 4BR 3BA wooded setting, lrg lot. 301-529-8475 (o)301-881-9800 Dan Krell, Realtor Fairfax Realty Inc.

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LOTS & ACREAGE



# LOOK out

\*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Technology

### Disabled patients in Israel test a new system for recovery

On most days, a tumor on Zvulun Muola's spinal cord keeps him confined to a wheelchair, but today he is standing on a small, wooden dinghy gliding downstream, navigating between the islands of a tropical paradise.

Muola, whose legs are partially paralyzed, is among a handful of disabled patients in Israel using the Computer Assisted Rehabilitation Environment.

The virtual-reality system puts patients at the helm of a life-size video game, forces them to use atrophied muscles and teaches the basic skills necessary to recover from severe injuries and disorders.

"It gives more confidence," said Muola, standing shakily on a moving platform, sandwiched between a walker and a physical therapist. "It's hard at the beginning, but once you get the hang of it ... it improves stability and helps the patient trust himself."

The \$650,000 computer system

**"You are actually in a game. You are playing. You don't notice the pain and you can work harder."**

SGT. IDAN BOROVSKI, PATIENT

at the Chaim Sheba Rehabilitation Hospital near Tel Aviv is the only one of only a dozen worldwide in clinical use. The others are still in the research phase. But doctors using the system say it can cut rehabilitation times and make the process far easier by helping distract patients from their pain.

More than half of the Tel Aviv hospital's patients — most of them amputees — were maimed by suicide bombs or wounded in last summer's war with Hezbollah guerrillas in Lebanon.

Sgt. Idan Borovski, 23, was wounded in a Lebanese village when shrapnel from a Hezbollah anti-tank missile ripped through a crowd of soldiers, killing nine and injuring 30. The metal shards severed the nerves and muscles in Borovski's foot, leaving him with little feeling and limited use of his leg.

INSIDE

Slice and dice with cutters so nice | **27**

HO

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**Bad Doggy:** Britney deemed the worst | **30**



**GAME THERAPY:** Israeli Shalev Malki uses the new physiotherapy method in Tel Aviv.

than traditional rehabilitation methods.

"The system helps to strengthen muscles, to improve your stability, balance, and to translate it to everyday life," he said. "The integration of all these activities — and this is oversimplifying it — enhances the plasticity of the central nervous system."

Siev-Ner said the video game scenarios, which keep scores to allow doctors to monitor progress, distract the patient from pain and involve more complex coordination than normal physical therapy.

"It's like the patient is the joystick of the system," Siev-Ner said. "Although it can be fun, after 20 minutes they are sweating to

# Virtual Rehab

"For one thing, it was fun," Borovski said of his two training sessions with the virtual-reality system. "You are actually in a game. You are playing. You don't notice the pain and you can work harder."

The system immerses the patients in a fully reactive virtual and physical environment, using tiny sensors placed on the body, 12 high-speed infrared cameras, a moving platform that reacts to the patients' weight distribution and a life-size 3-D projection screen.

The system simulates daily activities like taking a walk in an urban environment, driving a car, hiking up and down a mountain or — like Muola on the dinghy — steering a boat. The scenarios teach patients to stay balanced and react to situations they will face in the real world.

Dr. Itzhak Siev-Ner, head of orthopedic rehabilitation at Sheba, said virtual reality helps his patients retrain their brains and bodies to function and works much faster

hell."

Dr. Michael Yochelson, medical director for brain injury programs at National Rehabilitation Hospital in Washington, D.C., said there is a bright future for virtual reality in medicine.

"It's something that looks very promising and there's a lot of research going on in that area now," he said. "It allows for reproducing different scenarios that we can't necessarily reproduce in the clinic." STEVEN STANEK (AP)

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# Oh, Christmas Spree

## Holiday Decor

### People pay a small fortune to have pros make homes festive

Most Americans who adorn their homes for the holidays still wrestle with extension cords and balance on ladders to put up wreaths, icicle lights and Santa figurines.

But for a small yet growing number of homeowners, it's easier to hire professionals to festoon their homes for the holidays — design, installation, takedown and storage included — starting at about \$1,000, with no limits to speak of.

Enter companies such as Omaha, Neb.-based Brite Ideas Decorating, with 254 franchises nationwide and lights on about 40,000 homes, according to founder and president Travis Freeman.

Freeman, 35, says his business is growing about 30 percent annually, with 50 new franchises added around the country every year.

**“You just can't go out and look at Christmas lights anymore. They have to be doing something.”**

DEBBIE HANSEN, NEBRASKA

Mike Head has hired a Council Bluffs, Iowa-based company to decorate his house each holiday season the last three years. He said professional decorators can do things he's not willing or able to do.

“I'm not the most handy man in the world,” said Head, 48, of Omaha. “So, one, I'm afraid of heights. Two, I'm not the most mechanically inclined. And, three, because of work and other commitments, I had a limited amount of time.”

Head said his decorations cost an average of \$4,000 per year with everything included.

Travis Kuster, the owner of Christmas Decor by TK LLC, who decorated Head's house, said another client paid \$12,000 for decorations this year.



Marc Hansen of La Vista, Neb., competes with neighbors for the best holiday display.

tions this year.

Freeman said about 3 percent of his customers spend \$10,000 or more per year to spruce up their lots — one customer paid \$73,000 this year for mostly custom-built pieces

to display.

After all, it's hard keeping up with new decorations, neighborhood aesthetics and an ever-increasing holiday spirit.

The number of households

hiring Christmas decorators is less than 1 percent and are concentrated in the country's richest neighborhoods, said Pam Danzinger of Pennsylvania-based Unity Marketing.

For some amateurs who decide to do it themselves, holiday decorating becomes a year-round cycle, with the costs incalculable, ongoing and pricier than any other hobby.

“I don't want our yard to be a carbon copy of everybody else's,” said Debbie Hansen, whose La Vista, Neb., house display includes “Peanuts” figurines, moving animals and about 36,000 lights — including about 15,000 hooked up to a sophisticated system that uses a computer program to coordinate the lights to music.

“You can't just go out and look at Christmas lights anymore,” Hansen said. “They have to be doing something.”

Professional displays can also dance and dazzle, but aren't as unique, said Marc Hansen, Debbie Hansen's husband.

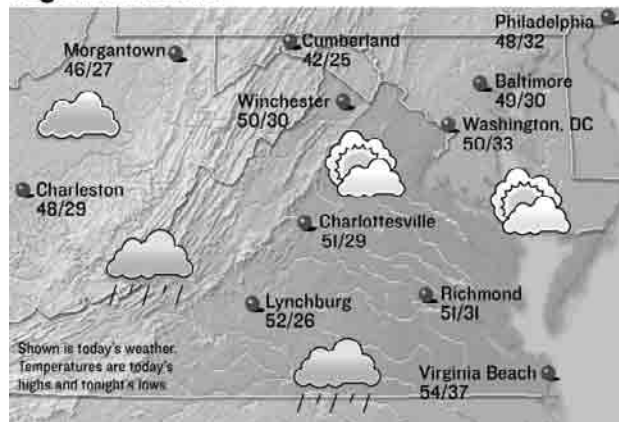
“It kind of loses the home feeling,” he said. “It's still a very beautiful display, there's no doubt about it. But we try not to duplicate too many things. We actually make some of the things ourselves, which makes it real fun.”

OSKAR GARCIA (AP)

## 5 Day Forecast for the Washington Area

| Today | Tonight | Wednesday | Thursday  | Friday    | Saturday  |
|-------|---------|-----------|-----------|-----------|-----------|
|       |         |           |           |           |           |
| 50°   | 33°     | 49° / 34° | 54° / 41° | 56° / 46° | 56° / 40° |

## Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

## Almanac

Washington, D.C., through 4 p.m. Mon.

### Temperature

|                  |     |
|------------------|-----|
| High             | 73° |
| Low              | 44° |
| Normal high      | 46° |
| Normal low       | 31° |
| Average humidity | 61% |

### Precipitation

|                        |        |
|------------------------|--------|
| 24 hours ending 4 p.m. | 0.00"  |
| Month to date          | 0.15"  |
| Normal month to date   | 1.75"  |
| Year to date           | 46.36" |
| Last year to date      | 43.23" |
| Normal year to date    | 38.05" |

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

## Regional Forecast

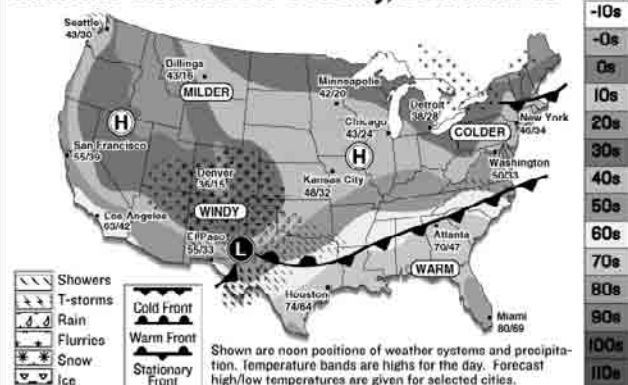
**D.C. Metro:** Today, partly sunny, breezy, cooler. High 50. Wind north-northwest 7-14 mph. Tonight, clear. Low 33. Wind north 4-8 mph.

## Sun and Moon

|                |           |
|----------------|-----------|
| Sunrise today  | 7:22 a.m. |
| Sunset tonight | 4:48 p.m. |
| Moonrise today | 6:45 a.m. |
| Moonset today  | 3:43 p.m. |

|        | New | First | Full | Last |
|--------|-----|-------|------|------|
| Dec 20 |     |       |      |      |
| Dec 27 |     |       |      |      |
| Jan 3  |     |       |      |      |
| Jan 11 |     |       |      |      |

## National Weather for Tuesday, December 19



## National Cities

| City          | Today    | Wed.     |
|---------------|----------|----------|
| Atlanta       | 70/47/pc | 59/43/s  |
| Boston        | 38/30/pc | 38/32/s  |
| Chicago       | 43/24/s  | 48/38/pc |
| Dallas        | 58/57/r  | 68/41/t  |
| Denver        | 36/15/sn | 33/17/sn |
| Honolulu      | 83/68/s  | 83/69/pc |
| Los Angeles   | 63/42/s  | 65/44/s  |
| Miami         | 80/69/pc | 80/68/pc |
| New York City | 46/34/e  | 45/37/s  |
| Orlando       | 80/58/s  | 76/59/pc |
| Seattle       | 43/30/c  | 47/35/c  |

## World Cities

| City         | Today    | Wed.     |
|--------------|----------|----------|
| Amsterdam    | 46/34/c  | 46/36/c  |
| Athens       | 58/48/sh | 59/45/sh |
| Berlin       | 40/30/pc | 43/36/sn |
| Buenos Aires | 86/68/pc | 79/64/r  |
| Calgary      | 42/28/pc | 46/30/pc |
| Dublin       | 46/36/c  | 48/39/pc |
| Geneva       | 38/26/c  | 39/26/s  |
| Moscow       | 28/18/c  | 22/9/c   |
| Rome         | 52/40/c  | 52/39/pc |
| Sydney       | 78/66/pc | 68/62/sh |
| Tokyo        | 52/39/pc | 52/47/pc |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



Styles

LOOK  
out

↑ The copper **"HO"** cutter is so versatile! It can say "Oh"! Or wait until Halloween, and make all your cookies say "Ooo"! Or color the "H" crimson and make them Harvard cookies! (\$15, Sur La Table, Tysons Galleria; 703-749-1125)

# Christmas Cut-Ups

Christmas wouldn't be Christmas without the endless, laborious, drudging work of rolling and cutting and re-rolling and baking and cooling and icing and eating nauseatingly large piles of cookies. But most cutters are so boring. Seriously, the world does not need another tree that exists solely to be shoved down a hungry maw. We've got hip, odd and sometimes bizarre cutters to help you have a rolling good time with your holiday baking. KRISTEN PAGE-KIRBY (EXPRESS)

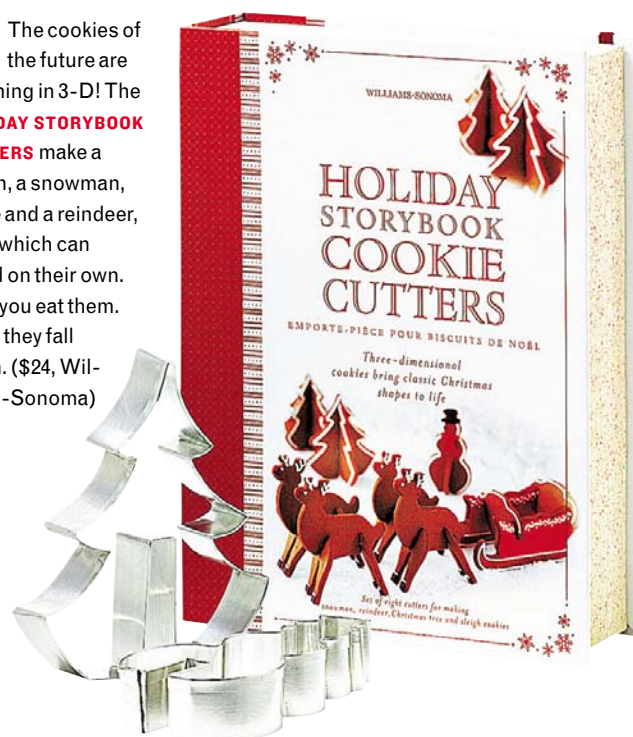


← It's the Holiday Amoeba! For those averse to any representational cookies, the Organic Wave shape from Pentagon Design's **ALVAR AALTO** collection will add waves to your winter. (\$3.75, National Building Museum, 401 F St. NW; 202-272-2448)



↑ These anatomically correct gingerbread people cutters from **HAMMER-SONG** walk that line between awesome and profoundly disturbing. Maybe they step over it, just a bit, considering the censored bits are ... well, let's say they deserve to be covered. (\$20, La Cuisine, 323 Cameron St., Alexandria; 703-836-4435)

→ The cookies of the future are fattening in 3-D! The **HOLIDAY STORYBOOK CUTTERS** make a sleigh, a snowman, a tree and a reindeer, all of which can stand on their own. Until you eat them. Then they fall down. (\$24, Williams-Sonoma)



→ Standing nearly six inches tall, this cutter, which we've dubbed **"THE ANGEL THAT ATE BETHLEHEM,"** is great for when you just can't take any more. One cut, and you're done! (\$3, Cakes-n-Things, 3338 Crain Hwy., Waldorf; 301-843-3664)



## Kids



## Pretty in Pink

**BARBIE** will always rule our childhoods, even though we were kind of weird and made up stories that were loosely based on the "Little House" books and usually ended with everyone dying. For the holidays, Barbie has released four holiday perfume sets (\$9-\$16, Wal-Mart). All come with a bottle, plus a choice of either a purse, a teddy bear coin purse, a belt or a tank top. The perfume is, bizarrely, not that bad. It's not too strong—which is good, since little girls are rarely familiar with the term "moderation"—and is an age-appropriate mix of bubblegum, baby powder and florals. Chanel No. 5 it's not, but it's not meant to be. K.P.K.

## Shopping



## The Good Ol' Days of Local Music Are Back

Looking for a gift for the local music snob in your life? These new notecards from **VINTAGE NEW ERA** depict eight posters from D.C.-area concerts from days of yore. What? The '70s are "yore." (\$13 for 16, see [vintagenewera.com](http://vintagenewera.com) to order or for local stores.) Including artists such as the Steve Miller Band and the Who, the notecards are blank on the inside, the better to fill with your custom holiday greetings. Local flavor can be hard to come by, so show some D.C. pride and start mailing. Or just buy them to marvel at how much prices have increased. K.P.K.



# LOOK out Online

from readexpress.com

## Fears of Global Warming?

**POLL CENTER** | Monday's Poll Center question, "Has recent weather fueled your fears of global warming?", attracted a number of responses about the real and perceived threats of global warming. Some thought worrying about a stretch of warm December weather was foolish, while others said, in the words of one anonymous commenter, that those who discount the fears are "ostriches with their heads in the sand."

Said another anonymous commenter: "This is classic news media hype. It's warm out, [so] it must be global warming. Yes, it's above average along the East Coast. But, of course, no one is looking [at the] West, where they have had below-

average temperatures. So, I guess the Midwest papers should be concerned about the next Ice Age."

Said commenter PC Drew: "[A]ny climatologist will agree that occasional warm winter days are a natural phenomenon in North America because of the natural ebbing and flowing of the Earth's currents. The big question is whether this current warm spell is a fluke, or a frightening pattern. I think it's just a fluke."

Commenter SWR was pleased with the warm temperatures.

"If this warm weather is due to global warming, then I'm all for it! Heck, Dec. 18 should be Aerosol Propellent Day — the day on which school children throughout



**SIGNAGE:** The election is long over, but campaign signs still dot the District.

the nation empty cans of Lysol air freshener into the air for the sake of warmer, more pleasant weather."

Another commenter took a different view. "No, not at all," the commenter said in response to the poll question. "I love living under a half-mile of ocean water."

Of the 400 or so responses to Express' online poll, 72 percent said

recent weather has not fueled their fears of global warming.

### → Coming Up Today

District election law says all campaign signs have to be taken down 30 days after the election. Offending campaigns can be fined \$35 per sign. Who stands to face fines?

## ? Poll Center

### TODAY'S QUESTION

Were the NBA's penalties for Saturday's brawl adequate?

1. Yes
2. No

### YESTERDAY'S RESULTS

Has recent weather fueled your fears of global warming?

**NO** **YES**

72% 28%

As of 6:15 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://READEXPRESS.COM/POLLCENTER.PHP)



"'Hipster' is kind of a stretch. Have you been there lately? More like: 'Masked Thieves Raid Kickball Bar.'"

A COMMENTER AT [WASHINGTONCITYPAPER.COM/CITYDESK](http://WASHINGTONCITYPAPER.COM/CITYDESK) TAKES ISSUE WITH A HEADLINE, "MASKED THIEVES RAID HIPSTER BAR," ON A BLOG POST ABOUT HOW THE COLUMBIA HEIGHTS BAR WONDERLAND BALLROOM WAS ROBBED ON FRIDAY.

## Warm Weather Choices

"This warm weather is convenient — now I can sweat out the massive amount of bourbon I consumed Saturday night. ... I'm tired of guessing whether tomorrow I'll need my down coat or my Panama Jack-style linen suit. I don't actually have any of those, but it sure would be cool if I did."

[ROCKCREEKRAMBLER.COM](http://ROCKCREEKRAMBLER.COM)

## Can't Carry a Tune

"She had laughed so hard and, because she could barely speak, tears formed and replaced what might have been her own sing-songy laughter. She threw up one of her weak little arms and waved, no, pleaded, for me to stop."

[SUGARNSPICE.TYPEPAD.COM](http://SUGARNSPICE.TYPEPAD.COM) WAS SINGING CAROLS AT A NURSING HOME WHEN A PATIENT SAID THE SINGING WAS HORRIBLE.



## Cheney's Secret Life

"I'm starting to suspect that [Vice President Dick] Cheney might have killed the deer. ... Perhaps he chanced upon the unsuspecting doe late last night, on returning from his rounds feasting on human flesh, and while he was still in werewolf form."

A [WONKETTE.COM](http://WONKETTE.COM) COMMENTER SPECULATES ABOUT HOW A DEER DIED OUTSIDE CHENEY'S NAVAL OBSERVATORY HOME.

## A Blockbuster, for Sure

"Seriously ... a flick about a space alien cult that has mind-controlled a whole bunch of idiot closet-case celebrities and how they're trying to infiltrate society and enslave us all! Nicole's been there! ... It would make trillions! There would be cups at Burger King for kids to collect and everything!"

[SOCIALITELIFE.COM](http://SOCIALITELIFE.COM) ON RUMBLINGS ABOUT HOW NICOLE KIDMAN MAY MAKE A MOVIE ABOUT HER TIME AS TOM CRUISE'S WIFE.



## Live Online

## Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday at [washingtonpost.com](http://washingtonpost.com) to discuss the NBA brawl, the Redskins' win over the Saints and his feelings about the latest "Rocky" flick.

**What do you think about the foul that started the brawl? I saw the**



**foul after I heard about it, and I was expecting something worse. It was a hard, flagrant foul, but I've seen worse.**

Oh, yes. For decades, the NBA had worse every game. But the league doesn't want to present that kind of product anymore. I suppose the NBA, like Major League Baseball, could say, "To hell with our image," but that probably won't help make patrons comfortable, and it's not David Stern's approach to this matter.

**You're a GM and you get to pick either Eli Manning or Jason Campbell. Who do you choose?**

From where I sit right now, Jason

Campbell. Manning has had the benefit of playing on a good team with veteran leaders and started for most of three years. And we still don't know if Eli can be a top-flight playoff quarterback. The jury is still out on Campbell. One would think he could be better than Manning after as many starts.

**Did the Redskins' game Sunday show that the defense has just under-achieved this year or that the Saints might be in trouble come playoff time? Seems to me the Bears' defense would destroy this team.**

I don't think the Bears' defense, with its injuries, would destroy anybody anymore. And the Saints will be just fine for the playoffs, I believe. The Redskins helped them get there mentally by beating them Sunday.

**Are you looking forward to "Rocky Balboa"? I hope Clubber Lang makes a cameo.**

I'll see it, yes, but I must admit I'm a little skeptical. How old is Rocky going to be in this flick? Forty-five? But isn't Stallone about 60? It strains credibility. But I'll give it a shot.

**DO**

**GET A TOUR OF THE WHITE HOUSE.** Sure, it's not open to the average tourist, but that doesn't mean you can't enjoy a tour of the executive residence during the holiday season. Just sit behind your office desk, point your Web browser to [www.whitehouse.gov](http://www.whitehouse.gov) and get a look at the place with your tour guide, Barney the dog.

**TODAY ON LIVE ONLINE:** Sharon Sellers and Steve Basdavanos, trainers at Rock Creek Sports Club, will discuss fitness at noon. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)



**Bizarro** | Dan Piraro

**Cornered** | Mike Baldwin

**Pooch Cafe** | Paul Gilligan

**Pearls Before Swine** | Stephan Pastis

**The Duplex** | Glenn McCoy


## Horoscope

By Stella Wilder

**SAGITTARIUS (Nov. 22-Dec. 21)** You are interested in getting things done in ways that have not been tried successfully in the past. You have a feeling you can succeed in a new way.

**CAPRICORN (Dec. 22-Jan. 19)** You needn't be so concerned with knowing everything so long as you know where you can go to find out what you need to know when the time comes.

**AQUARIUS (Jan. 20-Feb. 18)** You may be rather impatient, but your friends will understand that you are under a good deal of pressure from those in positions of authority.

**PISCES (Feb. 19-March 20)** You may find yourself involved in a conflict that is not of your making. It will be up to you to close a rift growing between two friends.

**ARIES (March 21-April 19)** You may behave rather unpredictably — as far as others are concerned. You are confident that you're being true to your intentions.

**TAURUS (April 20-May 20)** You can keep

complications to a minimum simply by having faith in yourself and in your own native talents. Nothing is too hard for you to do.

**GEMINI (May 21-June 20)** You may feel as though a difficult project is somehow turning around and becoming a positive experience. Use this attitude to your advantage.

**CANCER (June 21-July 22)** You have a goal in sight, but you're not sure how many obstacles stand between you and it — though the road, for now, seems clear enough.

**LEO (July 23-Aug. 22)** You must strive to remain in control at all times. The moment you let your emotions get the best of you, trouble is sure to result.

**VIRGO (Aug. 23-Sept. 22)** A decision made some time ago may be cause for concern. Don't let your anxiety show — especially when you're in the lion's den.

**LIBRA (Sept. 23-Oct. 22)** A trusted friend may put you in an awkward position, and it's important for you to remember it was entirely unintentional.

**SCORPIO (Oct. 23-Nov. 21)** You may be tempted to retreat from a current challenge, but you must hold your ground and do your best under the circumstances.

## Letters

**Metro Deserves Boycott**

**I THINK A BOYCOTT** is in order. We need to show Metro that increasing its prices will decrease rider participation ("Fare Hike Proposal Draws Ire," Dec. 15). Whoever came up with the calculations comparing Metro riding to a car payment and gas forgot many people who ride the Metro also drive and park at the stations.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

With parking rates set to be raised, are they suggesting we turn in our cars and rely solely on public transportation in order to save a couple hundred of dollars?

—JAMILA GRAY  
Laurel, Md.

**Correction:**

An item in Monday's EyeOpeners stated that the annual Christmas Bath took place in icy, 17-degree water in France. The temperature was 17 degrees Celsius, or close to 60 degrees Fahrenheit.

## Today in History

**1777** Gen. George Washington leads his army of about 11,000 men to Valley Forge, Pa., to camp for the winter.

**1843** "A Christmas Carol," by Charles Dickens, is first published in England.

**1907** 239 workers die in a coal mine explosion in Jacobs Creek, Pa.

**1932** The British Broadcasting Corporation begins transmitting overseas with its Empire Service to Australia.

**1986** The Soviet Union announces it has freed dissident Andrei Sakharov from internal exile, and pardoned his wife, Yelena Bonner.

**1998** President Clinton is impeached by the Republican-controlled House for perjury and obstruction of justice. (The Senate later acquitted him.)



# LOOK out

## People



JUSTIN WALTERS/AP

"Stop calling me Joey the Fat One."

### HELP ME

#### It's This, 'The Surreal Life,' Or Mowing Lawns in Malibu

**JOEY FATONE**, of former boy band 'N Sync, told a Florida radio station Friday that he's ready to compete on "Dancing With the Stars." Fatone said producers had asked him to appear but he'd "turned it down" three times. But he's changed his attitude because "it's kind of popular now." (AP)

### PURCHASES

#### They're Just Waiting for The After-Christmas Sales

A pair of records made by **JUDY GARLAND** from her first studio recording session have failed to sell at auction.



The top bid Sunday was \$22,500, failing to reach the minimum amount, said Levi Morgan of Bonhams & Butterfields. The auction house had expected between \$30,000 and \$40,000. "Clearly, there was interest, but perhaps Christmas shoppers didn't want to dig too deep into their pockets," Morgan said. (AP)



ERIC JAMISON/AP

### DISAPPEARING PETS

## Sean and Jayden Fear Similar Fate

When it comes to celebrity dog-parenting skills, Oprah Winfrey is tops and **BRITNEY SPEARS** is the world's worst, according to an online poll. "Britney was the overwhelming choice" for worst celebrity dog owner for 2006, said Hilary O'Hagan, editor of The New York Dog and The Hollywood Dog magazines. "She once had three Chihuahuas ... and never left home without at least one of them on her arm," O'Hagan said. "As soon as she met K-Fed and had kids, they [the dogs] disappeared." (AP)

### HE'S LOVING IT

#### Timbers Ascents to More Corporate-Sponsored Humiliation

The Recording Academy, together with CBS Corp. and Yahoo Inc., is holding a contest to find an unsigned artist to perform with **JUSTIN TIMBERLAKE** at the 49th Annual Grammy Awards, to air live from Los Angeles on Feb. 11. Contestants are asked to submit a 60-second video clip of them



singing one of nine songs selected by Timberlake, all of which have won Grammys. A panel will whittle the contestants to 12, and then regular people will be able to vote online to narrow the field to five, then three. The three finalists will be announced during Super Bowl weekend, and will attend the Grammy Awards. During the show, the winner will be announced and hop on stage to sing with Timberlake. (AP)

### ROLE MODELS

#### Actresses, Models And Singers Can Party. Just Not Beauty Queens

Miss USA **TARA CONNER** is rumored to be in danger of having her crown revoked, several news sources reported. Pageant owner Donald Trump is said to have a Tuesday press conference planned, at which he'll announce whether she'll remain Miss USA. Allegations that she uses cocaine, binge drinks (though she only turned 21 Monday) and is promiscuous have followed Conner since she won. "There's no question that she's a party girl," the New York Post quoted Trump as saying. "We have hundreds of thousands of young women around the world who look up to Miss USA." (EXPRESS)



BRYAN BEDDER/GETTY IMAGES

### Outstanding Distributor Patricia Lewis



Patricia Lewis at King Street Metro is so professional at her job every day...and is always at her post with a pleasant attitude. I am an employee for Fairfax County Public Schools and travel with students with disabilities every day. My students look forward to seeing Patricia each day!



**express**  
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## Problems with alcohol and anger?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves or for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.



We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.



Deaf or hard of hearing? Call the Federal Relay service at 1-800-877-8339.



# LOOK out

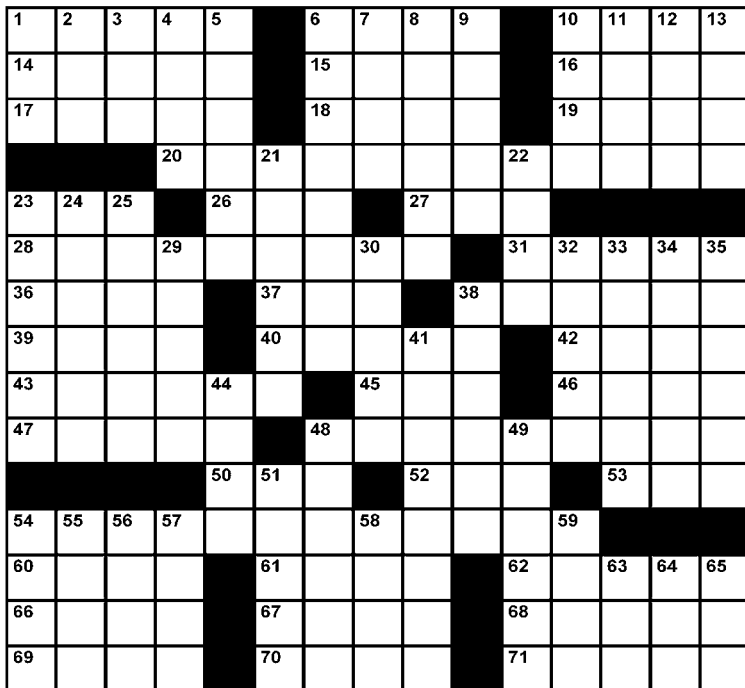
## Walk Behind

### ACROSS

1 Chagall and Cohn  
6 Terrestrial newts  
10 March through mud  
14 Wahine's welcome  
15 Tennis racket part  
16 Public art show, e.g.  
17 The best overall material?  
18 Be in awe  
19 Makeup person?  
20 It opens with a click  
23 Place for sweaters  
26 Fa follower  
27 Lines of praise  
28 Tune  
31 Bridge locales  
36 Curved arch  
37 African plains grazer  
38 Clog  
39 Horse with a gray-sprinkled coat  
40 Heart chambers  
42 Sorvino of "Mighty Aphrodite"  
43 Florentine, e.g.  
45 Rhea relative  
46 Mice, to owls  
47 Mrs. Peel's partner  
48 Cost increase  
50 "Who \_\_\_ to judge?"  
52 Cowboy Ritter

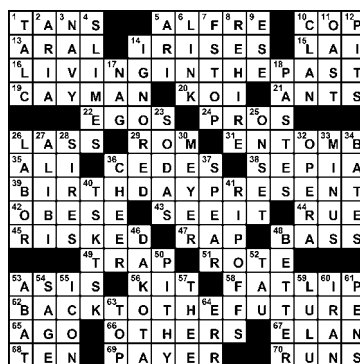
### DOWN

53 Wee bit  
54 Best Actor of 1931 and 1946  
60 Rock group?  
61 School talent show staple  
62 Studio stand  
66 Kelp, e.g.  
67 Model  
Macpherson  
68 Goteborg resident  
69 Sharp-witted  
70 Cincinnati sluggers  
71 Guitarfish relative  
1 Like King George III  
2 Draft drink  
3 Opie, off the set  
4 Stylishly elegant  
5 Filled Indian pastry  
6 Ratatouille requirement  
7 Haus wife  
8 Move with stealth  
9 The going rate?  
10 Word with "taught" or "effacing"  
11 62, in old Rome  
12 Stone with color flashes  
13 Pierce with a tusk, e.g.  
21 Railroad tycoon J.P.  
22 Best Musical of 1996



23 Summer attire  
24 Engorge oneself  
25 Welcome command  
29 Canterbury coppers  
30 German painter and engraver  
32 Pizazz  
33 Medium contact  
34 "I did it!"  
35 Like many a pet  
38 Chinaware piece  
41 Copies  
44 Jewish month before Nisan  
48 Deli dell  
49 Surfeit  
51 Tight-fisted type  
54 Strong criticism  
55 Auditor's quest  
56 Upper hand  
57 Faculty boss  
58 Gentle  
59 Dove opposite  
63 Kind of lion or horse  
64 Summer hrs. in N.Y.C.  
65 "Enter the Dragon" star

### Yesterday's Solution

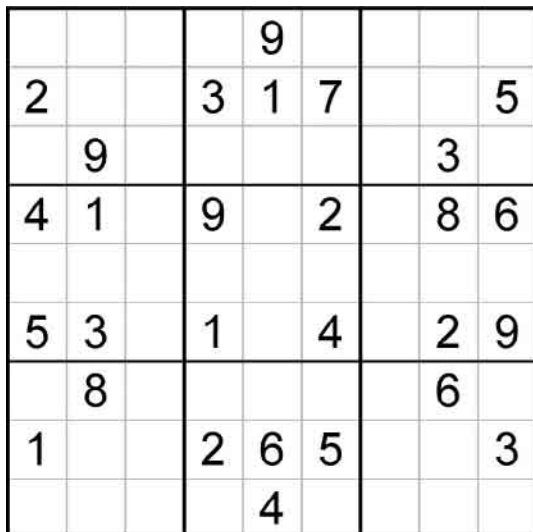


## Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution



### Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

**express**

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## Volunteers needed for a Clinical Trial!



## LOWER BACK PAIN?

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You must:

- Be at least 18 years old and in good health
- Have history of lower back pain for at least 3 months or longer
- Take pain medication for your back pain on a regular basis
- Be willing to make 5 visits to the doctor's office/clinic for about an 8 week period
- Be willing to follow other study procedures

If you qualify, you will receive a physical exam, blood tests and study related care at no cost to you. Qualified participants may receive compensation.

If you are interested please contact us at:  
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703-527-8100

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[www.researchgw.com](http://www.researchgw.com)

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## CALLING ALL VOLUNTEERS!



THE WASHINGTON DC JEWISH COMMUNITY CENTER IS SEEKING 1,000 VOLUNTEERS

to serve meals to the homeless, deliver gifts to sick children in hospitals, provide companionship to seniors in nursing homes, and paint shelters and community kitchens on December 25th.

Projects run from 7:00 am to 6:00 pm in 2 or 3 hour shifts.

Read more and register now:

[www.washingtondcjcc.org/volunteer](http://www.washingtondcjcc.org/volunteer)  
or call (202) 518-9400 ext. 3565.





**PHARMACY**

# HOLIDAY SAVINGS

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**Coke & Coke Products**  
12 Pack, 12 oz. Cans  
+CRV or Deposit Where Applicable

**4<sup>F</sup> \$10<sup>R</sup>**



**Holiday Fragrance Gift Sets**  
Selection may vary by store

**BUY ONE GET SECOND ONE 50% OFF**  
REGULAR RETAIL  
of Equal or Lesser Value



**Mars Holiday Bagged Candy** 8 - 14 oz.,  
**Hershey's Holiday Bagged Candy** 8.5 - 9.2 oz.,  
**Cella's Cherries** 8 oz.,  
**Ferrero Rocher** 12 ct.,  
**Sevigny Ribbon Candy** 7 oz.,  
**Queen Anne Cordial Cherries** 13.2 oz.,  
**Royal Dansk Cookies** 8.8 - 12.3 oz.  
Selection may vary by store

**1.99**



Beer and wine prices and products available only in our Virginia stores.

**Budweiser, Bud Light, Budweiser Select, Miller Lite, Miller Genuine Draft or Coors Light Beer**  
20 Pack, 12 oz. Longneck, Non-Returnable Bottles

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**HOT BUY!**

**Ferrero Rocher** 16 ct.  
**Russell Stover Boxed Candy** 9.25 - 12 oz. - Regular Retail \$7.99  
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Selection may vary by store

**3.99**



**Holiday Gift Wrap, Bags or Boxes, Tags, Ribbons or Bows**  
Selection may vary by store

**25% OFF**  
REGULAR RETAIL



**Toys and Plush**  
Regular Retail \$1.99 - \$24.99  
Selection may vary by store

**50% OFF**  
REGULAR RETAIL



**Boxed Holiday Cards**  
Selection may vary by store

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RC4930204457601122306

To find the Rite Aid nearest you, go to [www.riteaid.com](http://www.riteaid.com)

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# fit

## NUTRITION

### Tracking Trans Fat



Local restaurants are struggling with cutting out the dangerous fat from dishes | **E7**

## WELLNESS

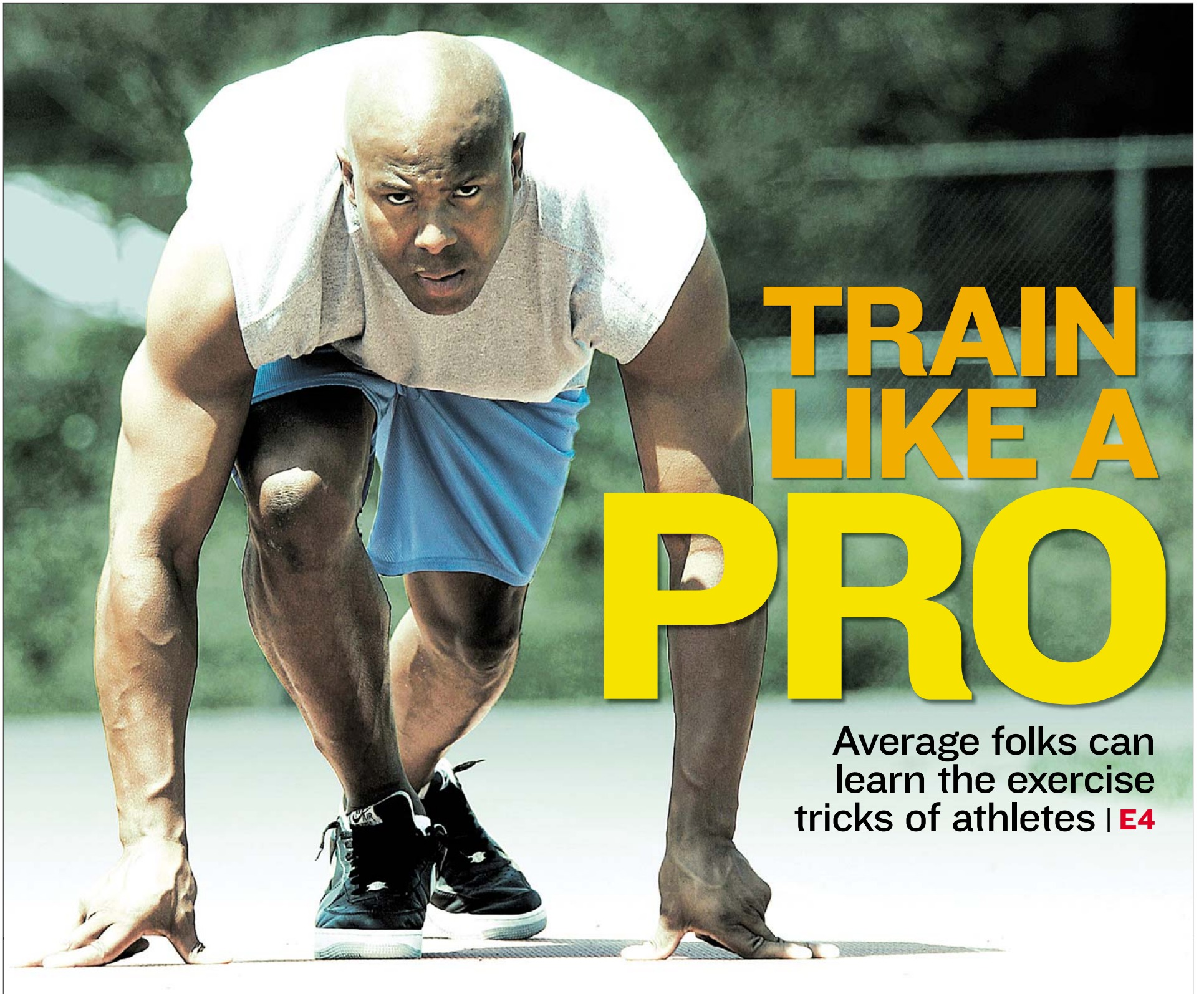
### French Bliss



Mireille Guiliano on tips from her new book, 'French Women for All Seasons' | **E6**

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# BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Starting the Search for the Ideal Therapist

**Q** I've been thinking about therapy for a while, but I never actually took action. I'm 31 and, on occasion, I suffer from mild depression, self-devaluation and guilt. I had a difficult childhood; I lived separate from my parents from ages 4 to 8. Afterward, they were extremely strict and my father beat me. About 10 years ago, I started having anxiety attacks. I was scared of driving by myself — sometimes even leaving the house — and didn't know when the next attack would come. I'm better now, but I never uncovered the cause. What would be the most effective form of therapy for me, and could you provide names of area psychologists or suggest some books?

—I NEED YOUR HELP

Many congratulations on making the decision to see someone. At the



Good to meet you Dr. Samuels, we've got lots to talk about.

ERIC REECE

risk of sounding like a stale fortune cookie, that first step is truly the hardest. Cognitive-behavioral therapy is frequently applauded for its directness, effectiveness and transparency. It can be particularly useful for alleviating measurable, tangible symptoms, like the anxiety attacks and dysfunc-

tional thought patterns. Insurance companies also have a crush on it, as it is empirically validated and can be shorter-term than other therapies. But if your coverage (or pocketbook) allows, you are also a good candidate for some deeper therapeutic work — psychodynamic and interpersonal therapies are just two examples. That your

childhood appears to play such a meaty role in your current difficulties means that it'd be worth it to devote time to a more thorough excavation of those experiences. A good therapist won't dwell on what you ate for dinner as an 8-year-old, but will constantly help you make connections from your past to your current emotions and behavior patterns, and help you find meaning in what happened to you. I can't recommend any therapists individually — though if they'd send me some Harry and David pears I'd be tempted! This area is full of great ones, and your insurance company, general practitioner and [apahelpcenter.org](http://apahelpcenter.org) are all good places to start. If cost is an issue, there are several community mental health centers and county services that could be options — check your phone book. Finally, some not-exactly-light reading: "The Anxiety and Phobia Workbook" by Dr. Edmund Bourne, "Learned Optimism" by Dr. Martin Seligman, and for a more intense understanding of how your past might have shaped you and what healing could look like, try "Trauma and Recovery" by Dr. Judith Herman. Good luck to you.


**Q** Is there a general rule about whether you should work with a male or female therapist? —D.C.

At the risk of sounding like a stale fortune cookie, that first step is truly the hardest.

Well, it depends on how much you like the smell of candles! Seriously, there are reasons why he or she might feel comfortable or uncomfortable with a particular gender, or why he or she might want someone nearby, someone blond, someone older or someone who likes mockumentaries. The only general rule is that there are no rules!

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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is it logical to love?

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## Soy to the World

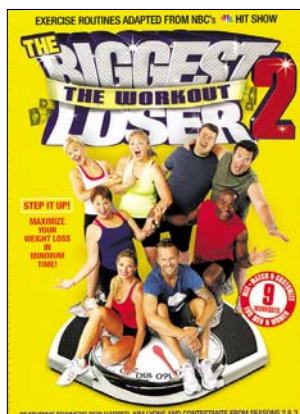
**VEGAN BLOGS ARE** brimming with holiday cheer, thanks to seasonal soy: Holly Nog and Peppermint Chocolate (\$3, available at Yes! Organic Markets, Bethesda Co-Op, and Silver Spring's Potomac Adventist Book and Health Food Store). Both are organic, lactose-free, gluten-free, low-cal, low-fat and high in protein. Sounds gross, right? But they're insanely delicious — at least the Peppermint Chocolate, which can be served warm or cold and was described by one taster as "a candy cane melted in chocolate milk." Holly Nog was more divisive, with some testers begging for more of the yummy taste and others deriding it for its thin consistency.

NEW  
IN HEALTH  
**warm  
ups**



## Bathe With the Death Star

**THE SPLISH SPLASH** Natural Bath Dechlorinating Filter (\$44, palmbeachnutrition.com) is one of those mockable things that turns out to really work. Hang the orb beneath the faucet while you fill the tub; once the water hits an optimal soaking level, swirl it in the water for two to three minutes (too much enthusiasm will soak your bath mat, though). We soaked for about 30 minutes, and emerged without the tight, dry feeling that often lingers after a dip, especially in our hard-water suburb. Plus, the bubbles we added lasted longer!



## Lose You Can Use

**ALREADY IN** Bob Harper with-drawal? Get your fix with "The Biggest Loser Workout 2" (\$15). Along with his well-meaning fellow trainer Kim Lyons and a crew of "losers" — including season three winner Erik and lovebirds Suzy and Matt — Harper joyfully leads a mix-and-match routine with separate segments for men and women.



## What a Shock — No Static

**SCRATCHY WOOL** might be warm, but it sure isn't comfy against your skin. So, you don't go outside all winter and get fat. But maybe you'll reconsider if wrapped in ThermoCheck, a new kind of fleece available at Lands' End. It's fun to touch, but it's anti-static, so if your pooch decides to give you some loving, you don't get covered in dog hairs. Scarves, hats or gloves in the magic textile are \$10 each. (landsend.com)

### PRODUCTS

## GuineaPig



## Hey, Therapist. What R U Up 2?

**THE HOLIDAYS, CONTRARY TO** popular belief, are not peak season for suicide (that's spring). They're still stressful, though. So we turned to the holiday stress chats on new therapy Web site [exclusivetherapist.com](http://exclusivetherapist.com), which offers chat rooms moderated by doctors and populated by other people probably as messed up as you. While free, they're held very early, so we woke up at 8 a.m. and announced to the chat room that the holidays sucked. The world's most awkward conversation ensued when it proved no doctor was present, only another client. At 8:50 a.m., the moderator, psychiatrist Srin Pillay, appeared and apologized — the chat had moved to 9 a.m., but the site hadn't been updated. Then, therapy proceeded apace. The right questions were asked (Have you been sleeping and eating well? Are you suicidal?) and we were told to see a doctor to be further evaluated for clinical depression. Not earthshaking, but potentially useful for someone who wouldn't otherwise contact a therapist. **HOLLY J. MORRIS (EXPRESS)**

### SHARE YOUR

# NEW YEAR'S RESOLUTIONS

**After the gluttony of the holiday season** comes the slew of promises. Are you planning on forgoing happy hour, commuting to work by bike, taking up Pilates or doing something else to improve your health in 2007? Send your resolution, along with why you're doing it, to [vicky.hallett@readexpress.com](mailto:vicky.hallett@readexpress.com). We'll print an assortment of interesting ones Jan. 2 — and then we'll follow up to see whether you stuck to your new routine.

**express**



| THE EXPERT'S

## TrainReaction

## Lack of Back

**Q** I'm trying to make my back wider, and I heard the best way to do that is with a wider grip lat pulldown. Is this correct?

A wider grip on the bar of a lat pulldown exercise does not equal a wider back. All it does is allow you to use more back and less biceps in the motion, due to less elbow flexion.

The lat pulldown is most biomechanically correct if done in the frontal plane. This means that you should be sitting and pulling completely straight up and down. Leaning back changes the emphasis of the muscle you are trying to target from the latissimus dorsi to the rhomboid major and mid-trapezius. Your forearm and the cable itself should always be in alignment. And your hands should be spaced on the bar in a position in which the elbow is bent slightly less than 90 degrees at the bottom of the pull, which is going to be just under your chin. Touching the chest with the bar only adds more front shoulder involvement, which you don't want. If you want a wider back, focus your efforts on higher volume training, which requires performing three to four sets of four to five different back exercises in one workout. Space your back workouts 48 to 72 hours apart, and then watch it grow!

**Matthew Blair Davis, MS, CSCS, PES,** is an award-winning personal trainer and president of **Functional Revolution Fitness** ([functionalrevolution.com](http://functionalrevolution.com)), which provides private personal training. E-mail him at [matt@functionalrevolution.com](mailto:matt@functionalrevolution.com).

## VITALSTATS

30

WEIGHT, IN POUNDS, THAT COULD LOWER A 6-FOOT-TALL MAN'S TESTOSTERONE LEVEL AS IF HE'D AGED 10 YEARS, ACCORDING TO A STUDY.



**PLAY CATCH:** Rob Rose leads trainers through the "ball drop" drill — he drops them and they catch as fast as they can.

# The Sporting Life

Exercise like athletes to hone speed and agility

**The members of D.C. United are spread across Velocity Sports Performance's facility in Alexandria, stretching on foam rollers. A minor league baseball player is sprinting down the track, perfecting his arm positioning. Then the average schmoes walk in and proceed to do many of the same exercises the pros have been doing.**

Elite athlete training centers usually work with professionals, college teams and high school stars, molding them into superior competitors capable of running farther and responding faster than anyone else on the field, track or court. Now they're recruiting people such

as Aaron Edwards, 28, whose main goal when he started coming to VSP in April was just to lose weight. The grueling workout he gets three days a week certainly doesn't feel junior varsity — even if he's not being pushed as hard as the D.C. United guys.

"It's a little bit of training like an athlete. It's more like learning how an athlete moves," Walt Cline, the director of athlete development at VSP, said of the adult classes he's offered since the facility opened in 2004. The takers range from post-physical therapy clients easing back into exercise to weekend warriors who still need rock-solid physiques for their exploits. For both goals, it makes sense to focus on correct stretching (dynamic twists rather than the

## GET IN THE GAME

## EXPLOSIVE PERFORMANCE:

10-class packages are \$150 for Sport & Health Members, \$170 for non-members. (703-709-6584; [explosiveperformance.com](http://explosiveperformance.com))

## VELOCITY SPORTS PERFORMANCE:

First class free. (6315 Bren Mar Drive, Alexandria; 703-916-1200; [velocitysp.com](http://velocitysp.com))

static stuff most people do), proper form and weight training.

Although this kind of program is effective — Edwards has gained 15 pounds of muscle and dropped a pants size — it can be a hard sell. "Adults think, 'There's no way I could

do that,'" said Rob Rose, who runs Explosive Performance, a similar program offered at several area Sport & Health Clubs. Most of his clients are high school athletes, whose bodies can seem superhuman to their middle-aged parents. But 40-year-old Maria Pereira, whose two sons had been taking EP classes, asked whether she could try it, too, and thus began EP's adult program about a year ago. "Some people find it intimidating, but I love it," she said.

At VSP and in EP classes, a session consists of a series of drills. At a recent EP class, the instructor pulled out a "reaction coach," a box with arrows that light up in random order; students had to follow the lights by jumping as quickly as possible. They bunny-hopped through a ladder flat on the floor, leaped over low hurdles, ran suicides and ended with an intense series of ab exercises. At a VSP session last week, students jumped rope, raced sprints (losers did 10 push-ups) and concluded with Olympic weight-lifting moves. Both featured harnessed running: attempting to run while dragging a trainer behind you.

"I threw up three times during my first class," Edwards remembered. And anyone who tries to keep up with the regulars could easily do the same thing, so instructors usually give new students modifications. But that's oftentimes no match for students' competitive spirit — also part of what makes these sessions effective. "They feed off each other with that group setting," Cline said of the team-like ribbing and camaraderie.

Even if the majors aren't in their futures, students see the benefit of athletic training. "I'm 45. It's not as though I'm playing basketball or lacrosse," said Pat Murakami, an EP student (like her sons). "But my stamina and endurance have gotten better." And she's learned something she never would have picked up from a spinning class: "You'll never know what your limits are until you push yourself."

VICKY HALLETT (EXPRESS)

## PUMP IT UP

## SCULPT UNBELIEVABLE ABS: TWIST CRUNCH

→ **YOU'LL NEED:** An exercise mat

→ **MUSCLES EXERCISED:** Oblique abdominals

→ **STARTING POSITION:** Lie on your back with your knees bent and your feet flat on the floor. Touch your fingers to your head lightly behind your ears. Some guys prefer to do this vampire-style, with their arms across their chest — and

that's OK, too, as long as you don't suck anyone's blood.

→ **MIDDLE POSITION:** Slowly raise your toes as high as you can. If you want to make the workout tougher, pause at the midway point on the way up, and then proceed to the top of the movement. Don't pause on the way down.

→ **THE FINISH:** Return slowly to starting position, then repeat by bringing right shoulder to left knee. Use slow, controlled movements. Don't bounce or jerk. Don't pull on your head or neck.

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# To Grunt Is Only Human

But some gyms are taking a stand against the loudest lifters

**When Albert Argibay, a 40-year-old corrections officer, emitted a loud “Uuuunh!” while lifting weights at Planet Fitness, the gym’s manager asked him to quiet down. He didn’t take kindly to the request, and eventually was booted from the Wappingers Falls, N.Y., fitness center.**

Bloggers went crazy. Some suggested that gyms have adopted overly stringent anti-grunting policies. Although most gyms don’t go as far as Planet Fitness (which has its official no-grunt policy posted in giant signs on the wall), many gently discourage it. They say loud grunting is unnecessary, turns off other members and, in some cases, is just hot-dogging.

But many fitness experts believe the well-placed grunt has a legitimate purpose. Grunting can provide an emotional boost to the athlete in many ways, exercise physiologists say. A properly timed grunt can help a person stay focused and prepare for an explosive effort. It can also help counter the performance-flubbing effects of nervousness.

Although not exactly a raging debate, it’s certainly on the minds of both gym owners and their patrons. In one corner sit the

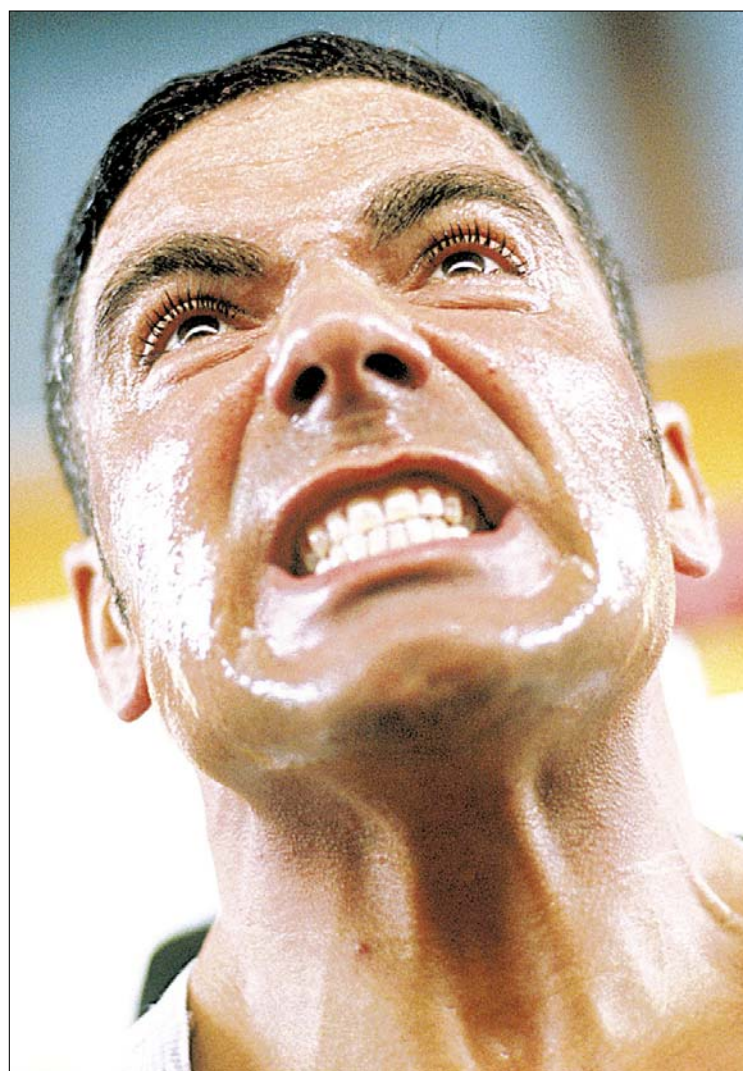
confirmed grunters, who believe that anti-grunt police are cheating them of an inalienable right to vocalize. In the other are managers trying to maintain a pleasant environment for members — many of whom would rather not listen to loud grunting nor contemplate its attendant associations.

“When you think about grunting, you tend to think about King Kong, moving furniture and sex,” said Belisa Vranich, sports psychologist for L.A.’s venerable Gold’s Gym in Venice. Women in particular aren’t big fans, she adds. “Most will say that grunting is disgusting.”

To properly examine the topic, some basic grunt science is in order. Even though grunting during effort is perceived by many as a primitive — even monkey-like — behavior, it is also a distinctly human phenomenon, said Michael J. Owren, an acoustic primatologist (some might call him a gruntologist) at Georgia State University.

But there are differences. Even though monkeys and apes grunt plenty, researchers believe they do it as an involuntary response to an emotion, Owren says. You will never hear a monkey fake a grunt.

Humans, however, have a unique ability to simulate or exaggerate this



GETTY IMAGES

sound for effect. Owren surmises that humans who produce exaggerated effort grunts do so to signal great exertion and, hence, great power. “One can readily imagine that in a fitness and weight-lifting circumstance that it’s being used as a kind of dominance signal,” he said.

A good grunt begins with what’s known as the Valsalva maneuver — taking a deep breath and holding it, thus closing the glottis, the space between the vocal chords.

**“When you think about grunting, you tend to think about King Kong, moving furniture and sex.”**

**BELISA VRANICH, GOLD’S GYM**

This causes an increase in pressure within the chest cavity which, in turn, stabilizes the abdominal and chest cavities during heavy lifting. This part is quiet. A grunt occurs when the lifter exerts pressure, and air bursts through the glottis. It might occur before the most extreme exertion or at the end of exertion, when the lifter exhales the air he or she has just held against the closed glottis.

The urge to grunt runs deep. Effort grunts, Owren noted, are one of infants’ first vocalizations. So, as hard as gyms try to discourage grunts, they are fighting an uphill battle.

JANET CROMLEY (LOS ANGELES TIMES)

## Three Yoga Poses for Runners

Stretch with these moves to avoid tightness while strengthening your whole body

**During a 3.5-mile run, your feet pound the pavement more than 6,000 times at a force that’s three to five times your body weight.**

If you don’t stretch, the muscles from your Achilles’ tendon through your legs, hips and back become tighter and shorter, said Beryl Bender Birch, author of “Power Yoga” and former wellness director of the New York Road Runners Club. (Ask any runner to try to touch her toes and you’ll know what Birch is talking about.) To ease your muscles, per-

form these moves after every run.

### Extended Side Angle

**STRENGTHENS ARMS AND QUADS; STRETCHES BACK, GROIN AND HAMSTRINGS.** With feet about four feet apart, turn your right foot out 90 degrees and your left foot in slightly. Extend your arms, level with shoulders and palms down. Bend your right knee until it’s aligned over your ankle. Place your right hand outside your right foot. (Can’t reach the floor? Place it on the inside of your foot instead.) Reach your left arm over your ear

and turn your chin toward your left armpit. Look up and take five slow breaths. Switch sides.

### Knee to Chest

**STRETCHES GLUTES AND HIP FLEXORS.** Stand up straight with your feet together. Grab your left knee with both hands just below the kneecap. (Hold behind your knee if you have any injuries.) Use your biceps to pull your knee into your chest. Resist the urge to lean back, and keep your rib cage lifted and shoulders down. Take five slow breaths. Repeat, this time hugging your right leg.



ISTOCK.COM

This runner could use some yoga moves after the finish line.

### Extended Triangle

**STRENGTHENS HIP FLEXORS AND QUADS; STRETCHES HAMSTRINGS AND HIP FLEXORS; IMPROVES STABILITY.** Stand with your feet about four feet apart, right foot turned out 90 degrees and left foot in slightly. Extend your arms out to the sides at shoulder height, palms down. Bend over to the right (from the hip), keeping your arms in line with your shoulders. Grab your right ankle with your right hand (or place your right hand on your thigh or shin if you can’t reach that far). Stretch your left hand toward the ceiling and look up at your thumb, putting minimal pressure on your right hand. Hold for five slow breaths. Switch sides.

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| STUDIES

## Stethoscope



## Fear of Feet Justified

If your opponent in your next bar brawl has a knife or broken bottle but doesn't happen to have feet, you might be in a better situation than you realize. A study published in the medical journal *Injury Prevention* assessed 25,000 patients treated for violent attacks in Wales. It found that while feet were used in a mere 7 percent of attacks, they were far more dangerous than fists and even sharp objects. Further research is needed to consider which shoes are most hazardous, but we're thinking spike heels and steel-toed boots are probably up there.

## Tracking Laughs

Most contagious things are horrible and involve coughing and copious amounts of mucous. But here's something you might actually want to catch: laughter. Researchers at the University College London have determined that hearing giggles makes you want to chuckle, too. They had volunteers listen to a range of sounds while an MRI monitored their responses and found that positive noises, including laughter, triggered a bigger response in their brains than negative ones.

## 'Top Chef' Irrelevant

Apparently, young adults aren't so into cooking. University of Minnesota researchers, who surveyed 18- to 23-year-olds about their shopping and cooking habits, found that just 21 percent of young men and 36 percent of young women bought fresh veggies every week. And no one is eating all that healthily. Just 31 percent of young cooks ate at least five fruits or vegetables daily.

# Eat Half of Everything

And more tips from the author of 'French Women Don't Get Fat'

Of course, some French women do get fat, and they, too, have been gobbling up advice from Mireille Guiliano, the champagne executive who's now sharing more exercise and diet advice in her book sequel, "French Women for All Seasons" (\$25, Knopf). Express' Vicky Hallett chatted with her over a bottle of Evian at (appropriately) the Four Seasons in Georgetown.

Q+A

## How do you maintain your diet on this tour?

It's hard. I've found I miss vegetables and fruits. Restaurants haven't been giving me enough. So, I call room service and ask if I could just have a dish of vegetables and then there's silence on the end of the line. It's OK to eat like this once in a while, but not four weeks in a row.

## So this is the toughest season for most people to eat well and stay active. How do you handle winter?

I walk unless it's minus 40. Even in the bitter cold I walk, because I just don't feel the same if I don't go for my morning walk. As for food, I love parsnips, carrots and, obviously, leeks, so winter can be wonderful. I make a huge pot of butternut squash soup, and you have that with a piece of bread and it's a meal. Stews are great because they stretch. You make two meals instead of just one. French women are very proud of being able to do that. It's



like making three outfits with different accessories.

## How do you handle the temptation of holiday parties?

I was just at a party and the hostess did the right thing by using small plates. But some people just can't help themselves. They have layers on the plate and everything mixes together. To me, that's not mouth-watering. I might want pumpkin pie because it's seasonal, but I'd have that, not that and three cookies and ice cream.

## And that's why you have your "50 percent" solution?

When dinner comes, I'm hungry, but

**"I always eat with a fork and knife because it slows me down."**

there's no reason for the amount of food some restaurants give you. I split it in two. I also always eat with a fork and knife because it slows me down. Don't feel that it's pretentious or snobbish. You don't have to gulp your food down. When people try it with a banana, they say they've never realized how tasty a banana

can be. When you eat it in five seconds, you don't taste it.

## What do you think of the five-mini-meals-a-day concept?

Americans already have a hard enough time with three meals, and they eat those on the run. When they're told to eat five meals, they eat more than they should. Ideally, if you have a great breakfast, you're good until lunch. Then when you get home, you have a good dinner with wine. Some people say they can't eat breakfast, but then they binge. When you wake up, at least have a real yogurt.

## Is there anything redeeming about the way Americans eat?

There's wonderful produce here, like corn on the cob. And barbecue — I mention that in the book. It's getting popular in France. Brunch is much better than just having a croissant for breakfast.

## How do you respond to people who say they're too busy to cook?

With a lot of the French cookbooks, you need four hours and 25 ingredients for a dish. I looked at my boxes of recipes and picked on purpose ones that have a half-dozen ingredients or less. You can make dinner in 30 to 45 minutes.



# hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Do you have a fever?** Cramps? Diarrhea? Did you drink homemade eggnog? You could have **SALMONELLA**, and you're in for up to a week of abject misery. Raw or undercooked eggs can conceal the *Salmonella enteritidis* bacterium, a nasty creature that sneaks into eggs via the ovaries of healthy-looking hens. To kill it, cook eggs thoroughly (that means no runny yolks). Don't eat stuff with raw eggs in it, like homemade eggnog. (The store-bought variety is safe, however.) Wash your hands after handling raw eggs, and don't use utensils that touched raw eggs until they've been washed. And don't leave cooked eggs sitting around. Eat them right away.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION. NOT A SUBSTITUTE FOR MEDICAL CARE.



| THE EXPERTS

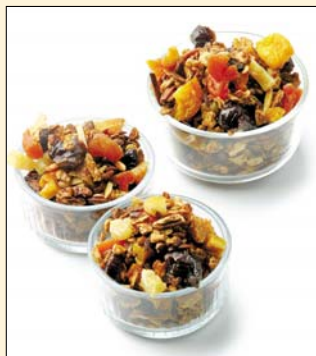
## ChewOnThis

## Gift of Health

**Q** So many people give gifts of candy and cookies this time of year. Any suggestions for healthful treats to share?

**THE HOLIDAYS ARE** synonymous with festive, calorie-laden treats like sugar cookies doused in frosting, boozy bonbons and chocolate truffles. But this yule, think outside the box and go for gifts both nutritious and delicious.

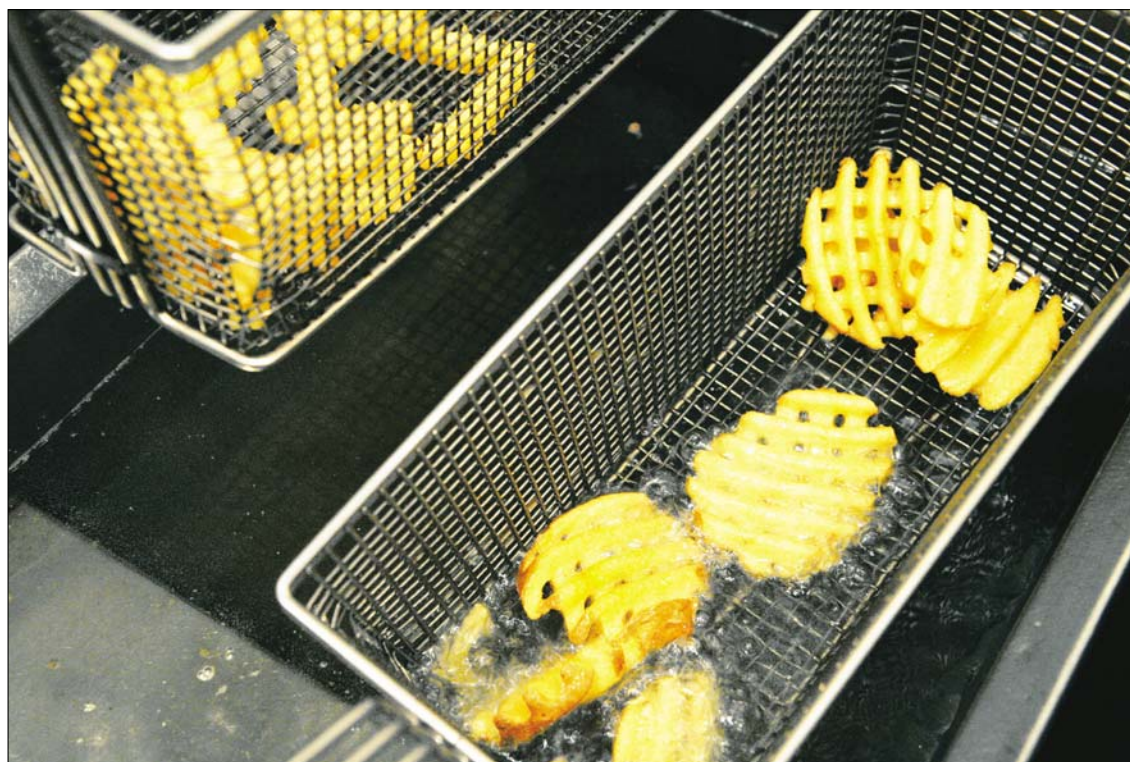
Why not give pals herb-infused olive oil or spiced nuts? Both concoctions are packed with heart-healthy unsaturated fats. Or fill a glass jar with low-fat granola and raisins and tie the whole thing with a pretty ribbon. A DIY holiday gift



basket might include fresh fruits and veggies. Think pears, clementines, zucchinis and eggplants, all of which contain disease-fighting antioxidants. Such goody baskets make nice hostess gifts that can even double as centerpieces.

If you have time and energy, make your own healthy treat to share — perhaps a bottle of fresh-squeezed orange juice or a pot of vegetable soup. Neighbors and friends really appreciate such homey goods. Think, too, of non-perishable gifts that give good health throughout the year — a jump rope, an exercise DVD or a cookbook. Your recipients will be grateful for such things when they make their 2007 resolutions.

**Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readexpress.com](mailto:nutrition@readexpress.com)**



JAH/CHIKWENDU/TWP

# Foil Naughty Oils

D.C. restaurants are deciding to eschew the fat

**Chicago's foie gras ban seemed silly to chef Rahman Harper, known as "Chef Rock" to his staff at B. Smith's in Union Station. And D.C.'s impending smoking ban? Another bad idea, he thought. So, at first he felt the same way about New York City's decision to go trans fat-free.**

"But then I did a little research on what trans fats are," he said. "And I realized that we need to do something." After all, a menu of fried chicken, cheese grits and barbecued ribs is probably never going to win nutritionist accolades, but using oil with trans fats made dishes much

more hazardous to diners' health — not only increasing their bad cholesterol (or LDL), but decreasing their good cholesterol (HDL). "Our cuisine is always going to be labeled a guilty pleasure, but it doesn't need to be that bad," said Rock, who switched oils last month and now proudly proclaims B. Smith's a trans fat-free zone.

While all 20,000 Big Apple eateries must start cutting out their trans fats, only a handful of Washington's restaurants are following suit. It's not so surprising, since trans fats are entrenched in American food, for understandable reasons. "The stuff tastes good, is

easier to handle and has a long shelf life," explained David von Storch, owner of the Capital City Brewing Company, which also just announced its decision to take trans fats off the menu by Feb. 1.

As a health nut (he also owns downtown D.C.'s Vida Fitness), von Storch had been concerned about trans fats for some time, but before New York brought the issue to light, he had trouble convincing his staff that it was worth the extra expense to buy canola oil and different prepared products. "It's not something customers have been rushing in with pitchforks demanding," he said.

But that may be because diners

don't realize that fried foods often have trans fats in them already when they're delivered from the supplier. And french fries or burgers just get higher in cholesterol and calories if restaurants fry them in more trans fats after that. Then there are croissants and muffins — scrumptious breakfast to-gos — but often packed with offending fats.

A meal like that is bad news, said Tracy Gensler, a registered dietitian who serves as the staff nutritionist for Rock Creek Restaurant in Bethesda. "There's no safe amount. Just avoid it

**“Our cuisine is always going to be labeled a guilty pleasure, but it doesn't need to be that bad.”**

RAHMAN HARPER, B. SMITH'S

altogether," said Gensler, who notes that Rock Creek has never had any trans fats in its foods and offers full nutritional information for each of its dishes.

But in the competitive restaurant industry, very few establishments are going to go the healthy route without government intervention, von Storch said. Carol Joynt, owner of Nathan's Restaurant in Georgetown (which switched to trans fat-free oil six months ago), agreed. "It's all up to [mayor-elect] Adrian Fenty. But customers shouldn't have to worry about it. They should know they're getting a quality meal," Joynt said.

In the meantime, customers shouldn't be ashamed to quiz their waiters about the food. "It's definitely appropriate to ask. Anyone who scoffs at your question is ridiculous," said Rock. An informed diner will probably be a healthier one.

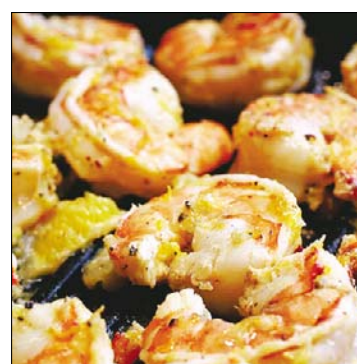
VICKY HALLETT (EXPRESS)

## Seasonal Seafood Snack

■ Spicy Citrus Shrimp, makes 10 servings

**INGREDIENTS:** 1 lemon; 1 navel orange; 3 tablespoons extra-virgin olive oil; 1 clove garlic, minced; 1/4 teaspoon freshly ground black pepper; 1/8 teaspoon red pepper flakes; 30 medium shrimp, peeled and veins removed; salt.

**GETTING STARTED:** Zest the lemon and half of the orange and place the zest in a medium bowl. Peel both pieces of fruit, then finely chop half of each. Place the chopped fruit in the bowl with the zest and reserve the remaining halves. To the bowl, add the oil, garlic, black pepper and pepper flakes. Mix well. Add the shrimp and toss to coat. Cover and marinate at room temperature for 30 minutes. Heat a grill or grill



pan over medium-high heat. Remove the shrimp from the marinade (allowing bits of citrus to stick), season lightly with salt and grill until opaque and cooked through, about three minutes per side. Squeeze a bit of juice from the reserved fruit over the shrimp just before serving. (AP)



**PER THREE PIECES: 60 calories, 4 g protein, 2 g carbs, 4.5 g fat, 25 g sodium, 0 g dietary fiber.**



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